THE SATURDAY EVENING POST

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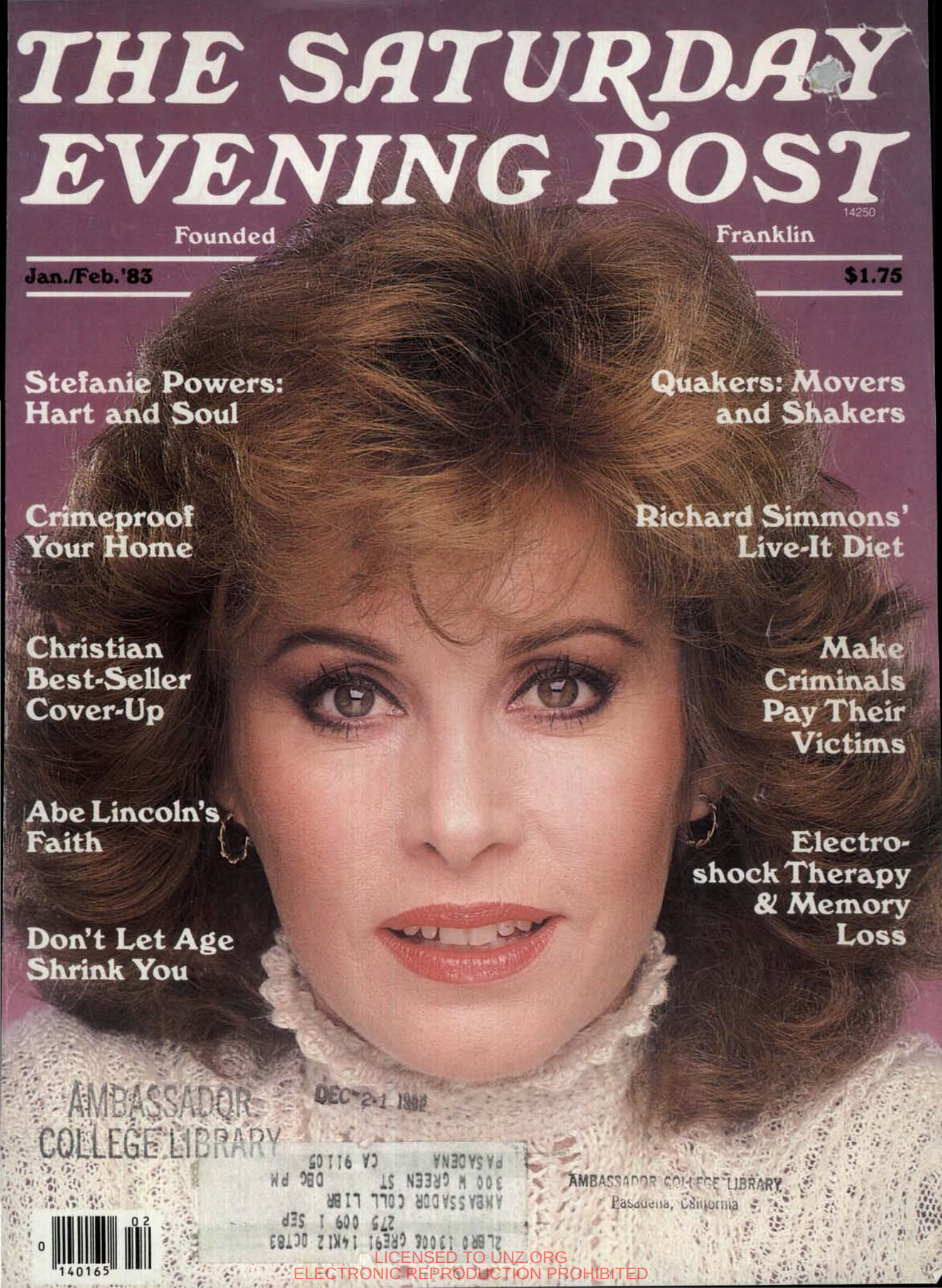

Stefanie Powers: Hart and Soul

Quakers: Movers and Shakers

Crimeproof Your Home

Richard Simmons' Live-It Diet

Christian Best-Seller Cover-Up

Make Criminals Pay Their Victims

Abe Lincoln's Faith

Electro-shock Therapy & Memory Loss

Don't Let Age Shrink You

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BELLS OF THE WORLD'S GREAT PORCELAIN HOUSES

A truly unique collection…
25 original and distinctive bells—each designed and produced by one of the world's most famous porcelain houses exclusively for this collection.

Connoisseurs of the world's finest porcelain have always sought variety, diversity, uniqueness—distinctive beauty. This is why serious collectors wish to own at least one magnificent object from each of the world's great porcelain houses. For each house has its own hallowed traditions, its own distinctive style, its own private and usually secret porcelain formula. Until now, if one wanted to assemble a collection of bells from each of the world's great porcelain houses, a person had to seek out each individual source. A collection would take years to acquire. But now the Danbury Mint is assembling the collection for you—a landmark collection, an unprecedented opportunity.

A collection impossible to assemble in any other way.

Imagine owning a collection of bells created and crafted by 25 of the world's most renowned porcelain houses. Wedgwood®, Royal Doulton, Spode, Royal Worcester of England. Bing and Grondahl of Denmark. Haviland of Limoges, France. Noritake of Japan. Kaiser and Bareuther of

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Bells shown actual size.

Germany. Royal Tara of Ireland. Gorham, Pickard, Franciscan of the United States. This is what collectors dream of, but seldom achieve. It could take a lifetime to find precisely the right bell from each maker—the effort and the expense might well be prohibitive.

Now, the Danbury Mint is making it easy and affordable to acquire this "dream collection." The directors of 25 of the world's great porcelain houses were personally invited to participate in this unprecedented international collection. And they accepted with enthusiasm knowing that new collectors would share the pleasure of owning their porcelain. Moreover, the invitation was regarded as both an honor and a challenge. Since this will truly be a showcase collection, comparisons will be made. Each porcelain maker has every incentive to excel and produce the finest product possible.

Original designs each reflecting the pride of its maker.

Each of the 25 bells in this collection is to be different, distinctive, unique. Thus the bells will be of various sizes, ranging from approximately 3½″ to 5¾″ in height. There will be different shapes, different colors, different varieties of porcelain. Each bell will reflect the pride and traditions of its maker and, in many cases, the heritage of the particular nation involved.

You will recognize the Wedgwood bell immediately, as it is made from the classic Blue Jasper Ware which Josiah Wedgwood originated back in the 1700s. The bell will be decorated with the famous Wedgwood floral girl, a design based on Flora, the Roman goddess of flowers and spring. Typically English will be the bell from Royal Worcester—crafted of incomparable Fine Bone China. This porcelain is lightweight, translucent, elegant with a beautiful ivory-white color—decorated with a delicate rose design.

Bing and Grondahl of Denmark is producing a bell with their world-renowned blue underglazing, distinctively Danish in design. Haviland of Limoges, France, has chosen a pattern called Eglantine, designed one hundred years ago by the famous impressionist engraver Felix Bracquemond. And Pickard of the United States has created a bell with a solid wood handle—definitely American Colonial in inspiration.

A solid wood heirloom display will be furnished at no extra charge.

Your collection will be one of the highlights of your home, deserving a special place of honor. You will be proud of your handsome heirloom display —solid wood, richly finished with a deep, hand-rubbed stain—the perfect showcase! You

(Continued on following page)

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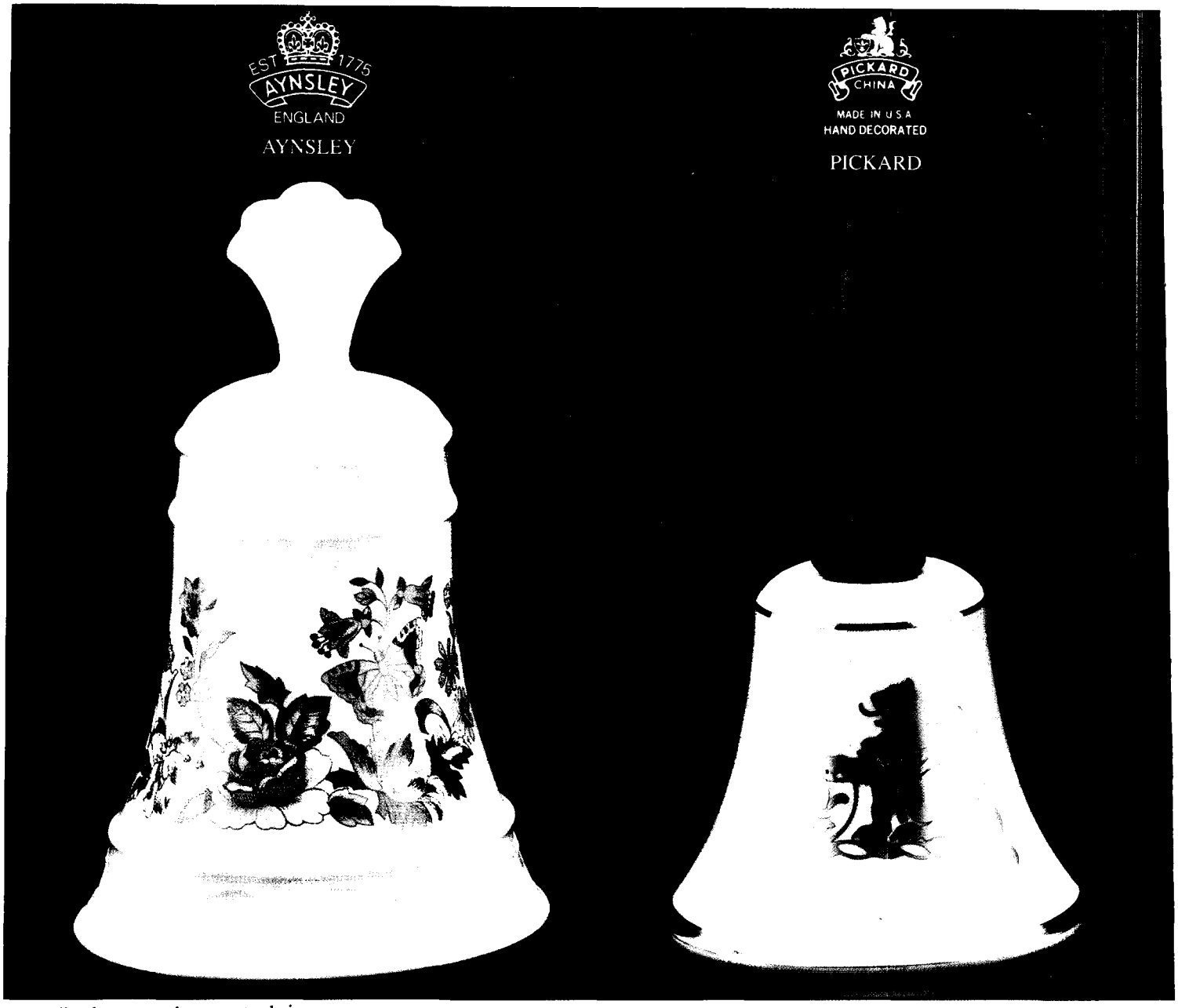

Bells above are shown actual size.

(Continued from previous page)

will receive it, fully assembled, ready for wall hanging or freestanding display.

An exclusive edition.

To enhance the collection's importance, the bells will not be sold in stores. Nor will they be available individually. They can be obtained only through this special direct-by-mail offer, exclusively from the Danbury Mint. For production planning purposes, we ask that the attached reservation application be returned by March 31, 1983.

Convenient subscription plan. Satisfaction guaranteed.

The price of fine porcelain has climbed appreciably in recent years. Thus you will be pleased to learn that the issue price of each bell is only $29.50. This is a remarkable value, especially when you consider that the world's finest porcelain houses are involved. And this favorable price is guaranteed for all 25 bells!

No payment is needed now. You will receive your bells at the convenient rate of one per month and you will be billed separately for each shipment. As a further convenience, you may have each bell charged, as shipped, to your VISA or MasterCard.

Each bell will be crafted to the highest standards of excellence. Each will bear the hallmark of its maker—attesting to its impeccable quality. And each will be accompanied by a Certificate of Authenticity, bearing the signature of the chief executive of the particular porcelain house, stating that the bell is a unique design created solely for this collection. However, if you should receive any bell you are not entirely pleased with, you may return it upon receipt for a prompt replacement or refund. Naturally, you are free to cancel your subscription at any time.

To be enjoyed today... and passed on to future generations.

There has never been a more enjoyable, more affordable, more convenient way to acquire beautiful bells from all 25 of these world-renowned porcelain houses. Those who admire your collection will assume that you acquired your bells over many years, perhaps on journeys abroad. They will marvel at the scope, beauty, and diversity of the collection. You will be complimented on your choice of fine porcelain. The collection will be a prized heirloom, a source of pleasure for you and your family now and for generations to come.

To begin your collection, return the reservation application today. We know you will be delighted!

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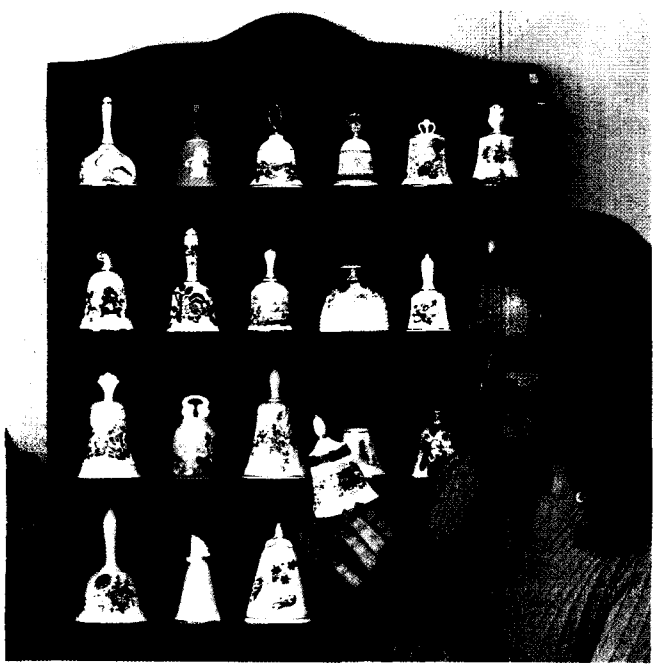

Shown above is the solid wood display that will be included at no additional charge. Can be used for wall hanging or free standing display.

BELLS OF THE WORLD'S GREAT PORCELAIN HOUSES

M160

The Danbury Mint
47 Richards Avenue
P.O.Box 5250
Norwalk, Conn. 06856

Please return by March 31, 1983.

Please accept my reservation to the *Bells of the World's Great Porcelain Houses*. I understand this is a collection of 25 original and distinctive bells, each designed and produced by one of the world's most famous porcelain houses. The collection will be issued at the rate of one bell every month at a cost of $29.50 per bell (plus $2.00 shipping and handling). A handsome wood display will be sent to me at no additional charge.

I need send no money now. I will pay for each bell as billed on a monthly basis. Any bell I am not completely satisfied with may be returned upon receipt for replacement or refund, and this subscription may be cancelled by either party at any time.

Name _____

Address _____

City _____

State _____ Zip _____

☐ Check here if you want each bell charged, as it is shipped, to your: ☐ MasterCard ☐ VISA

_____
Credit Card No. Expiration Date

Signature _____

Allow 8 to 12 weeks after payment for initial shipment.

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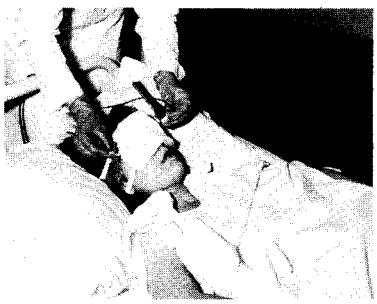
Stefanie Powers, All Hart—and a heart-to-heart romance must yield to her super-hot career as star of ABC's hit series. **42**

Christian Book Scandal—Why don't you ever see them on the national best-seller lists? **58**



Electroshock Therapy—Natalie's depression was gone, but so was her memory. **48**

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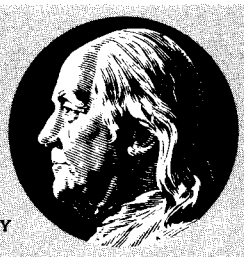
THE SATURDAY EVENING POST

FOUNDED A. D. 1728

Published by THE SATURDAY EVENING POST SOCIETY
a division of THE BENJAMIN FRANKLIN LITERARY & MEDICAL SOCIETY



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(Cover photo by John Cahoon.)

The Saturday Evening Post (ISSN: 0048-9239), incorporating Country Gentleman, is published monthly in 1982, except bimonthly in Jan./Feb., May/June and July/Aug. by the Benjamin Franklin Literary & Medical Society, Inc., at 1100 Waterway Boulevard, P.O. Box 567, Indianapolis, IN 46202. Second-class postage paid at Indianapolis, IN 46206, and at additional mailing offices.

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Membership Subscription Prices: U.S. and possessions: 1 year, $12.00. Canada: $15.00. All other countries: $17.00. The Saturday Evening Post editorial, circulation and business offices are located at 1100 Waterway Boulevard, Indianapolis, Indiana 46202. **Postmaster: Send address changes to The Saturday Evening Post Subscription Offices, P.O. Box 3400, Bergenfield, New Jersey 07621.** Allow six weeks for change of address.

Unsolicited manuscripts, art work and photographs submitted to THE SATURDAY EVENING POST must be accompanied by an addressed return envelope and the necessary postage. The publisher assumes no responsibility for the return of unsolicited manuscripts, artwork or photographs.

The names of characters used in all *Post* fiction and semifiction articles are fictitious. Any resemblance to a living person is a coincidence.

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Quaker introduces Mother's Oat Bran.

A tasty new fiber source that may actually lower cholesterol.

People have long believed oats were good for them. Recent findings, first reported in THE SATURDAY EVENING POST,[1] later in the AMERICAN JOURNAL OF CLINICAL NUTRITION,[2] tend strongly to support this popular belief with convincing data.

The "usual high-carbohydrate high-fiber diet lowers cholesterol by an average of 25 percent, which is not too bad," according to the Post article. "But with oat bran we found we obtained about a 35 percent reduction in the serum cholesterol."

Oat bran vs. wheat bran

Bran is the outer fraction of a cereal grain, contains most of its fiber content, and is separated from the flour during milling.

"Basically," the Post article explains, "you can divide fibers into two categories, based on their water-solubility. Some fibers are water-soluble, others are water-insoluble. The water-soluble fibers are the ones that lower the cholesterol to the greatest extent."

The article goes on: "Wheat bran is mainly water-*insoluble*. It doesn't do anything to the cholesterol.

"Oat bran is very rich in soluble fibers and is very effective in lowering cholesterol."

Now packaged for you and sold at nutrition centers/health food stores

You can buy this fine product yourself, in packages labeled "Mother's Oat Bran," with complete directions on the box.

Nutmeg or cinnamon sprinkled on top make the creamy hot cereal version especially delicious.

There's a recipe for Oat Bran Muffins on the side panel.

Common sense, of course, tells you that any food product believed to offer potential dietary benefits should be used as part of a total program, and oat bran is no exception. Persons with medical conditions, especially those related to diabetes or cholesterol levels, should see a physician and follow his or her advice.

In any event, one especially welcome pleasure is the flavor. That should improve your spirits while Mother's Oat Bran is improving your fiber intake.

1. January/February 1980, pp 35 *et seq.*, and December 1979, pp 114 *et seq.*
2. Kirby, R.W. *et al* Oat-bran intake selectively lowers serum low-density lipoprotein cholesterol concentrations of hypocholesterolemic men. Am. J. Clin. Nutr. 34:824, 1981.

Try this delicious new natural, too.

New Mother's Whole Wheat is a great natural change of pace cereal, with other flavor and nutritional benefits. It gives you the bran, the germ, the natural vitamins, minerals, and fiber of the natural grain. With no additives, no preservatives, nothing artificial to get between you and its naturally healthy, robust, and satisfying good flavor.

QUAKER ©The Quaker Oats Company, 1982

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Don't Shrink from Age—Take calcium, and keep your bones from becoming brittle, as a bonus. **26**

Live-It Up with Richard Simmons—The energetic foe of fat replaces "diet" with "live-it." **90**

Crime Doesn't Pay—but criminals do as more and more judges require that criminals pay their victims restitution. **34**

Lincoln's Mysterious Faith—The whole truth is, our nation's most God-fearing president never joined a church. **46**

The Unshakable Quakers—are shaking off the image that they are a good but laid-back people. **52**

Letters

Convulsive Sheets

Your article in the November '82 *SEP*, "Satin Sheets," absolutely convulsed me. I had almost the exact experience. It was hilarious. You left out only one comment: "Fasten your seat belt."

I was reading your experience at about 4 a.m. and could hardly see the print through the tears in my eyes from laughing. Thanks for such a delightful treat.

Mine, I found out, weren't drip-dry and, after a charge of $8 for laundering, have been confined to the back of the closet.

Eleanor B. Green
New York, New York

It's All Good Reading

This is just to tell you how much I really enjoy your magazine. I had a heart attack in January, and during my convalescence, I saw your advertisement for the magazine on our Christian broadcasting station. It sounded so interesting, I subscribed, and I haven't been sorry for my decision to do so. I've had many a good hearty laugh at Maynard Stoddard's comments and stories. It's good not to have to sort out what one is going to read. Not that I read just everything, but the *Post* is all good reading, and I'm glad to pass it on to the rest of my family. Congratulations on a job well done!

Dorothy Reglin
Craig, Colorado

Bad Circumcision Advice?

I regret that you did not answer Dr. Koop's article (Letters, July/August '82) negating circumcision.

As a urological book reviewer for the *Journal of the American Medical Association*, I know any cancer institute in the country will agree that circumcision in the young will prevent cancer of the penis in the aged.

Many people read your journal, which I delivered more than 60 years ago. They will always look for a way out, will not have their child circumcised, quoting your journal. Whatever deaths result from this advice should be laid at your doorstep.

Harry Bergman, M.D.
Hollywood, Florida

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EDITORIAL
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JANUARY & FEBRUARY ON THE 700 CLUB'S LIFECARE DIGEST

January 6
Electroshock Therapy
Has permanent loss of memory been soft-pedaled as a side effect of shock therapy? Tune in this week.

January 13
Pernicious Anemia
Undiagnosed pernicious anemia can lead to paranoia and permanent nerve damage. Find out how simply it can be prevented.

January 20
Marijuana
Getting stoned sounds like fun until you get tombstoned. Learn how a good time can become a very bad time.

January 27
Calcium
Your need for it increases as you age. Learn how to keep from shrinking in your old age.

February 3
Emphysema
It's breathtaking. Are you vulnerable? A test will tell.

February 10
Spina Bifida
Exciting results from British studies may help pregnant women avoid this serious birth defect.

February 17
Plastic Surgery
It's more than a face lift and a belly-button tuck. Find out why on this week's Lifecare Digest.

February 24
Menopause
It's not an illness. It can be a healthy beginning for the rest of your life. Let us tell you how on Lifecare Digest.

The 700 Club

The TV show that gives answers for life

Check your local listings for time and station

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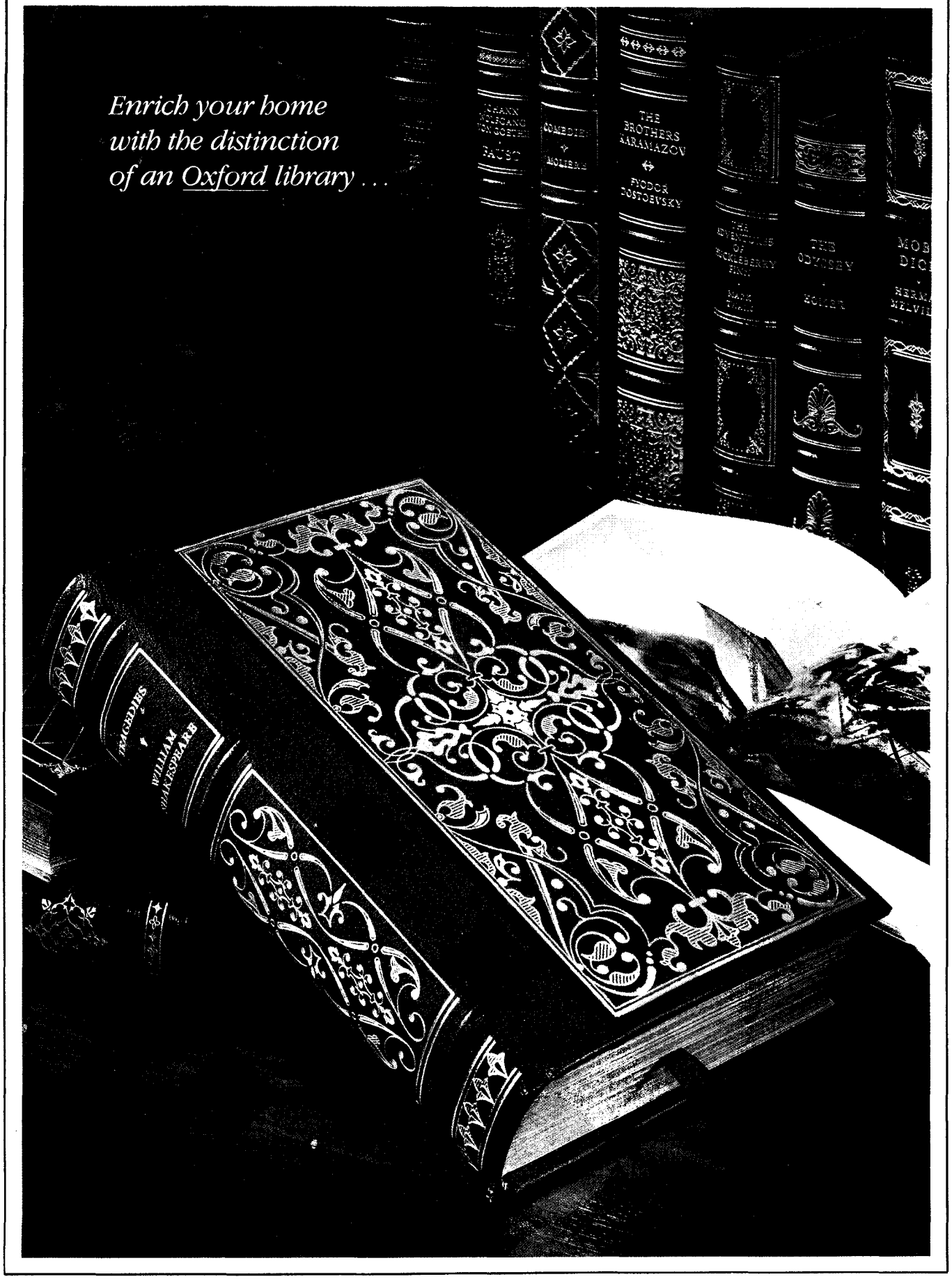

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Furthermore, the Oxford University Press has authorized the world's foremost creator of heirloom volumes, The Franklin Library, to craft each volume in the Collector's Edition. And they will 'quarter-bind' each volume in the classic design tradition recommended at the turn of the century by the English Society of Arts.

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Apply by February 28, 1983

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Please note, however, that the collection is available *only* by subscription. And there is a timing requirement for subscribing. Be sure to return your application by February 28, 1983.

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The incidence of carcinoma of the penis is no greater in Sweden, where circumcision is rare, than it is in Israel, where the procedure is almost universal.

Professional groups interested in this question, including the American Urological Association, American College of Obstetricians and Gynecologists and the American Academy of Pediatrics, do not recommend circumcision of the newborn as a routine procedure.

Swept Away by "Yash"

It was a very pleasant surprise to be reading through the November '82 issue of *The Saturday Evening Post* and come across the story of "Yash, the Chimney Sweep." I read it with much interest, as my husband has been a chimney sweep for two years.

He enjoyed the story as much as I did, as he reads a lot about the old-time sweep and the traditions. His personality is not like Yash; he enjoys meeting people and doing them the service he has trained for. He wears the traditional top hat and tails to work in and is constantly having his picture taken with children of the families he is servicing, as the children really take to his clothes and personality.

Don is a very devout Christian and will give his testimony anytime someone asks him how he got into chimney sweeping. The Lord is so good and has worked greatly in our lives.

Thanks again for "Yash." You may want to consider a story about a present-day sweep, as their numbers are growing daily in America.

LaVerne Lutz
Irving, Texas

Corrie's "Hiding Place"

On behalf of Corrie ten Boom and her staff, many thanks for the article which appeared in your November issue (People Page).

Please convey Corrie's thanks to all the hundreds and hundreds of friends who sent lovely cards, notes and even some gifts. We aren't able to answer them individually, but their thoughtfulness is deeply appreciated. This past week, I took three large boxes of mail to Corrie, and two more have just been brought to my office.

One note of correction regarding the article: Corrie does not live in a rest home but is cared for at her own lovely home by two live-in companions. She receives lots of T.L.C. Because of her strong inner faith, Corrie remains an inspiration to those around her.

(Mrs.) Bettie Butler,
Orange, California

Thanks for giving your readers the opportunity to reach out to Corrie ten Boom at this time in her life. Truly she has given to us all most unselfishly.

Judy D. Evans
Raleigh, North Carolina

Overloaded Cells?

One of America's greatest problems is cancer. Thousands are searching for the cause of cancer. Yet the answer evades us.

Can this be truth?

The human body is so designed that it will throw off that which we take into it that it cannot use. It is so designed that it can fight the foreign invader, and at the same time, the cells of each part will continue to produce like cells—but is there a limit to how much and how long the human body can withstand bombardment by foreign substances? Let us consider how many of these foreign substances (drugs, chemicals, etc.) we take into our bodies through the digestive and respiratory systems each day. The list is long—coffee, tea, cola drinks, chocolate, tobacco, alcohol, headache pills, medication of various kinds (needed or not), junk food, air pollution, all kinds of sprays and perfumes (even our facial and toilet tissues are now perfumed). All this is often coupled with excessive stress and lack of rest and relaxation.

Can it be possible that cancer is not caused by any one thing or by any group of things, but simply by overwork and breakdown of the cell mechanism?

Please feel free to use this letter in any way. I ask the question only in the hope that you and others may find the answer.

Ruth A. Phillips
Ft. Thomas, Kentucky

Data Needed on Cancer

Your article "Let's Beat the Russians to a Cancer Vaccine" was of great interest.

Latest figures from the American Cancer Society are surprising in that 976,740 new cancer cases are found each year in the U.S. In the USSR, some 400,000 new cases of cancer are reported every year from its population of 265 million, and *by law, these cases must be reported.* China, also by law, reports every single case of cancer in the country. The cases are plotted on maps to show the demographic locations of the different forms of cancer. Why shouldn't the United States establish laws to record the incidence of cancer and its geographical locations according to form, etc.? The National Cancer Institute would then be able to develop information regarding the areas where certain cancers are more likely to develop.

Upon undergoing ovarian-cancer surgery in 1979, I questioned several oncologists on why there were no or few statistics on ovarian cancer, especially in the stage-1 form. They stated that the monies collected and distributed by NCI were for "research" and not "data gathering." My reaction was: how sad—particularly when I'm certain that volunteers would be glad to key punch much informative data from the many patients afflicted with the disease. Further, I would certainly like to see statistical data on what happened to the women over the last ten years who have had ovarian cancer. How long did they live? What treatments did they have, etc.?

I certainly commend you for your efforts in trying to establish some new lines of questioning and reporting the data received.

Hopefully, more articles will be forthcoming in your magazine.

Patti Staskiewig

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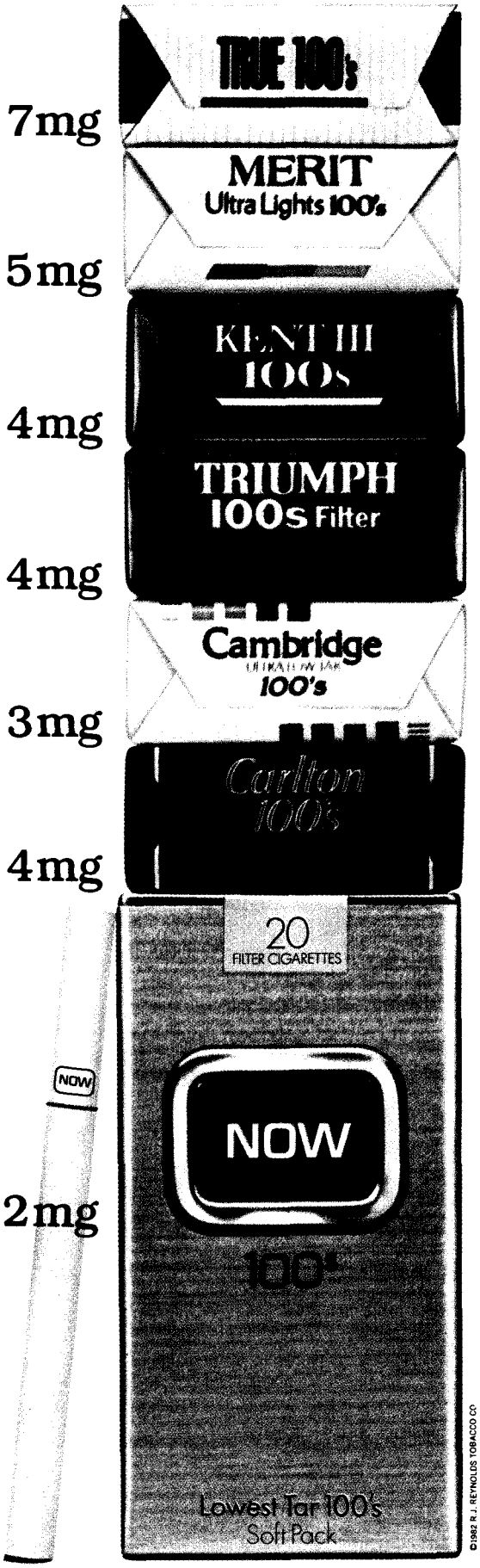
How does Now stack up?



At the bottom.

NOW/The Lowest

The lowest in tar of all brands.

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SOFT PACK 100's FILTER, MENTHOL: 2 mg. "tar", 0.2 mg. nicotine av. per cigarette by FTC method.

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Post People

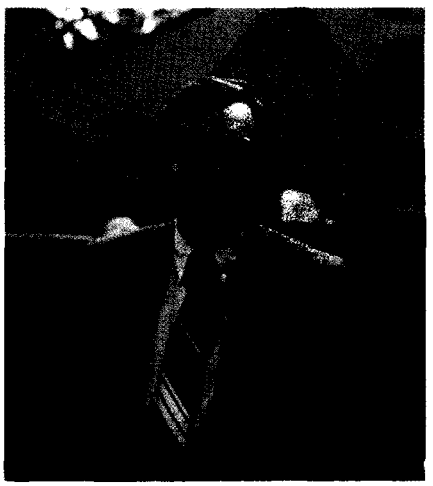
Holly Coors

When the National Association of Evangelicals saw the need for a more visible presence in the nation's capital, the board chose ***Roger Dugan*** (here, with his wife), pastor, denominational president and former congressional candidate from Colorado, to head the office. Perhaps influencing the choice was the Reverend Dugan's monthly newsletter, *NEA Washington Insight,* for which he and his staff were applauded as "the best Christian representatives in Washington."

Holly Coors

How does one rate an invitation to perform at a state dinner at the White House honoring the premier of Israel? And win the hearts of music lovers throughout Europe and China? And attract an overflow audience as soloist at the Kennedy Center for the Performing Arts?

For violinist ***Eugene Fodor,*** these and other honors are the rewards for uncountable hours of study with Harold Whipple in Denver and Galamian in New York; taking lessons from Jascha Heifetz; winning the Paganini competition in Italy; and sharing top honors at the Tchaikovsky Violin Contest in Moscow.

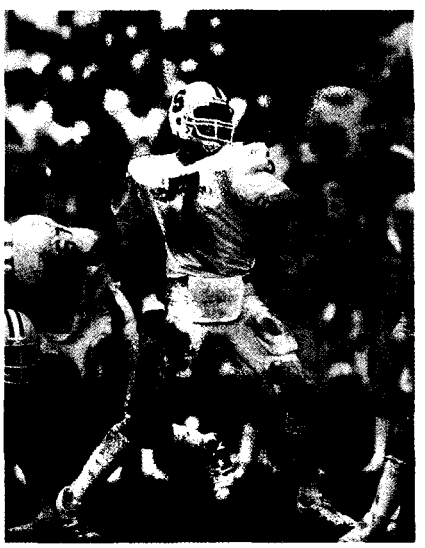


Holly Coors

Bill Dooner's new book, *How To Go from Rags to Riches in Real Estate,* is definitely not fiction. Brought up in the slums of New York City, Dooner learned at age seven to wheel and deal and begin the rugged trek from poverty to plenty by chopping up old wood planks, stuffing the pieces into large potato sacks and selling them to neighbors and tenants for firewood.

Today, living with his lovely wife, Ellie, in Atlanta, Dooner not only has taken time out to explain how he became a millionaire at age 33, but he generously provides some pointers for profitable investment during the uncertain economy of the '80s.

Richard Chamberlain (Father Ralph) may do as much for ABC's miniseries "The Thorn Birds" (to air this spring) as he did for "Shogun" last year. In it, ***Rachel Ward*** plays Meggie, the woman who has loved the "perfect priest" since childhood.



"***John Elway*** is the best quarterback I've ever seen," says his San Jose State coach—Jack Elway, John's dad. Fatherly pride? Not entirely, according to the top people in football who have watched this 6'3", 205-pound combination of Jim Plunkett and Roger Staubach operate.

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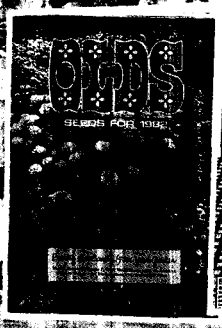
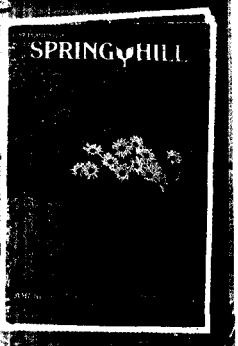
Creative Gardening

BOOKLETS TO HELP YOU PLAN YOUR SPRING GARDEN



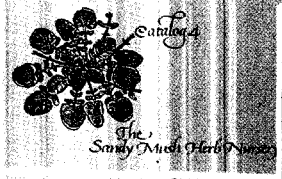


1 Old-fashioned 1983 catalog offers flower and vegetable varieties from A to Z, plus supplies to fill all your gardening needs at popular prices.

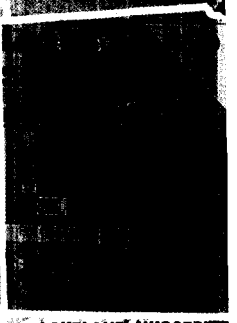
2 Stark Bro's 1983 catalog is chock-full of fruit trees, shrubs and rose bushes, too—right in your own yard! Free full-color catalog presents hundreds of varieties for the home grower. Dwarf, semi-dwarf and standard size trees.

3 William Tricker Inc. 1983 catalog is filled with hardy and tropical water lilies as well as many graceful aquatic palms or creeping oxygenating plants. Also, fish and many other products. 32 pages. $1.00

4 Spring Hill 1983 catalog features vegetable plants, herbs, wildflowers and ornamentals. $1.00 Refundable with purchase.



The best all-around outdoor tool ever made.



RAYNER BROS.

6 Rayner's 1983 Berry Book is the fruit grower's authority. Choose from over 23 virus-free strawberries and lots of other berries, too. 35 pages.

GRACE'S GARDENS

7 The world's most unusual catalog. 32 color pages of offers you may have a hard time believing. Giant [illegible] tomatoes, 2-lb. onions, many more [illegible] pages.

SANDY MUSH HERB NURSERY

8 Catalog is brimful with recipes, garden plans, a growing guide, books, note cards and seed lists; this 90 page booklet contains, as well, complete descriptions of the more than [illegible] culinary, tea, decorative and dye herbs that we grow and sell. $2.00

PARADISE GARDENS

9 Informative 42-page catalog will supply a myriad of ideas and products on almost anything you can imagine for a [illegible] garden, including [illegible] water falls, pools, [illegible] pumps, fountains, fish, flowers, plants, etc. $2.00

GARDEN WAY CARTS

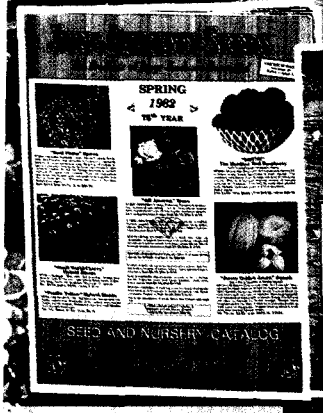
10 Take a break from tough, heavy chores . . . put a Garden Way Cart to work. Carry up to 400 lbs. in one quick trip!

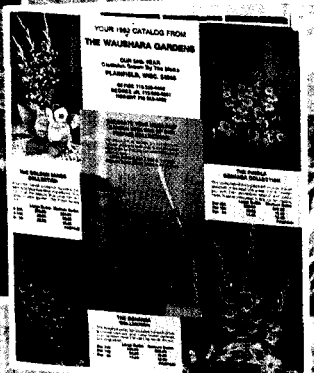
LILYPONS WATER GARDENS

11 New large colorful catalog includes how-to information. America's largest water gardening specialists. Lilypons Water Gardens. $3.00

LAKELAND NURSERY SALES

12 FREE GARDEN CATALOG—AND A CHANCE TO WIN $300,000! Vegetables, fruits, superb roses, shrubs, rare novelty plants, and more!





J. W. JUNG SEED CO.

13 Beautiful 68 page color catalog including top quality flower and vegetable seeds, fruits, shrubs, perennials, trees and garden supplies at reasonable prices. Nursery stock is selected for hardiness in northern climates.

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WAUSHARA GARDENS

15 Over 100 varieties [illegible] choice plants plus [illegible] and growing instructions. $1.00 (refundable with purchase)

Catalog Showcase Order Coupon January 1983

Circle the number of each booklet you want, and enclose check or money order in amount indicated for those requiring payment. Add **$1.00** for postage and handling.

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I enclose: $ **$1.00** for postage and handling of my request for booklets

$_____ for booklets circled requiring payment

$_____ is my total remittance

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P Offer expires 3/15/83

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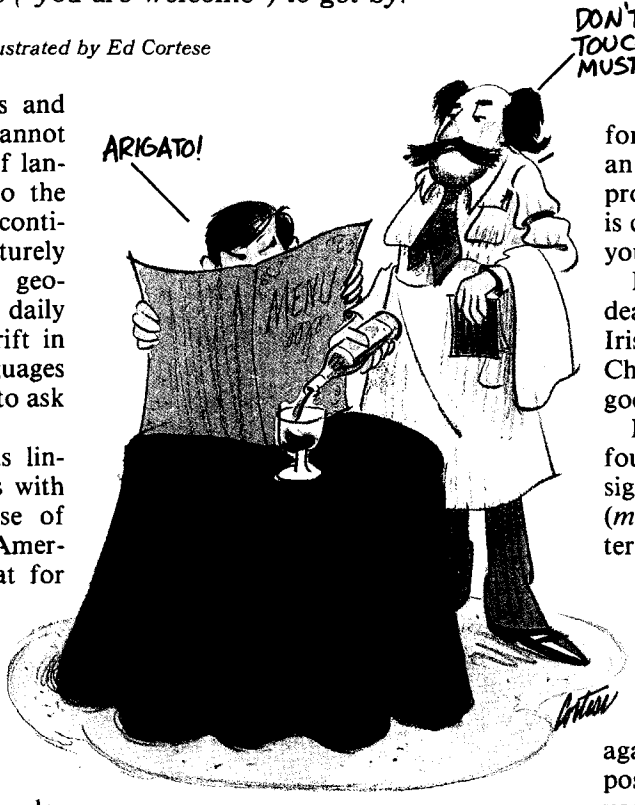
TWISTING NATIVE TONGUES

"Don't touch my mustache" may sound like a stupid reply to the Japanese "thank you," but it's close enough to their doo itashimashite *("you are welcome") to get by.*

Illustrated by Ed Cortese



The mysteries of Atlantis and the Bermuda Triangle cannot compare with the mysteries of language. For every soul lost to the search for the elusive sunken continent and every person prematurely dispatched by that insidious geometric void, thousands more daily find themselves helplessly adrift in the stormy seas of foreign languages without the verbal know-how to ask where to hang their hats.

Charles Berlitz, the famous linguist, whose accomplishments with languages—compared to those of your basic English-speaking American—are, well, just too great for words, has graciously noted some serendipitous similarities that may make good flotation cushions should conversation in a foreign country begin to drift.

Take Japan, where the key to a polite expression is right under your nose and where "mother" is a laughing matter.

Americans visiting Japan who would ordinarily experience some difficulty in remembering the Japanese term for "You are welcome" (*doo itashimashite*) have solved the problem simply—answering the Japanese "Thank you" (*arigato*) with "Don't touch my mustache." Said quickly, this is quite close enough to be an acceptable answer.

When you laugh in English you are also saying "mother" (*ha-ha*) in Japanese. The English "hi!" or "high" means "yes" (*hai*) in Japanese; the colloquial "yeah" comes out as "no" (*iye*). Other English sounds that have different meanings in Japanese include "auto," which sounds like "father" (*otoh*); and "Ohio" is "good morning" (*ohayo*). The fine old Irish family name "O'Hara" spoken in Japanese means "honorable stomach" (*o-hara*).

Despite drastic differences in grammar, with a touch of a Japanese accent, you can make many down-home words readily understood, for the Nipponese have picked up American words as fast as they have American customers for their cars and appliances.

Japanese includes hundreds of English words for non-Japanese foods, among them *supu* (soup), *hotto dogu* (hot dog), *sandoichi* (sandwich), *suteiki* (steak), *hambagu* (hamburger), *biru* (beer), *uisuki* (whisky), *desato* (dessert), *pai* (pie), *aisukurimu* (ice cream) and the inevitable *koka-cora*, which needs no translation.

As industrial prosperity has increased in Japan, English words for elements of the good life (*manshon raifu*, "mansion life") have been adopted: *aparto* for apartment, *manshon* for "mansion" or "country house," *yotto* for "yacht," *daiyamondo* for "diamond," private *puru* (pool), *teresu* (terrace), *gorufu* (golf), *tenisu* (tennis) and *sanpeń* (champagne).

There is even a modern tendency in Japanese to use two or more foreign words together. A Japanese may refer to *mai kaa* (my car), *mai taoun* (my town) or *mai homu* (my home) instead of using equivalent Japanese words. Ken Ishii, a Japanese writer, has recently suggested a temporary slowdown in the importation of English for Japanese words, pointing out in an article that a popular television program for teen-agers (*chiieneija*) is called *rettsu go yangu!* ("Let's go young!") without translation.

If you think the Japanese have dealt badly with mothers, especially Irish ones, try a quick trip to the Chinese mainland, where a little ma goes a long way.

In Chinese, the repetition of *ma* four times with different tones signifies "Mother scolds the horse" (*ma-ma-ma-ma*). If you add the interrogative particle *ma* at the end, you then have five *ma* in a row: *ma-ma-ma-ma-ma*, meaning "Is mother scolding the horse?"

While you are in China, you should be cautioned against using the first person possessive pronoun, especially if you deal in stocks.

Two words in Chinese sound exactly like the one-syllable English "my." When it is said like a question, it means "sell," but like a decisive affirmative answer, the same word means "buy." When the two words are said directly together, they appropriately make the word for "business."

On the occidental side, language accidents can also be favorable to the monoglot traveler.

To ask "How you are?" in Swedish, an English speaker can simply ask, "Who stole the till?" This sounds so much like *Hur star det till?* that any Swede would understand it as an inquiry about his health.

If you say, "I meant to kill ya" to a Spanish waiter he will not be alarmed but will simply interpret your threatening English statement as a normal request for butter (*Hay*

continued on page 23

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1893 "Columbus" Silver Half Dollar

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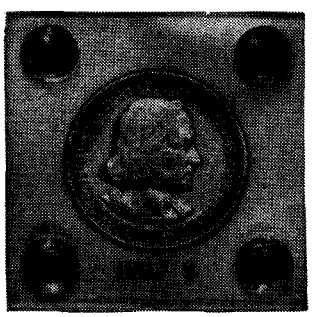

International Coins & Currency, Inc. of Montpelier, Vermont, a distributor of rare coins, announces the sale of America's first commemorative legal tender coins — the "Columbus" silver Half Dollar.

Minted Almost 100 Years Ago — A Precious Keepsake For The Future

Minted in the last century to commemorate the 400th Anniversary of the discovery of America, this vintage silver coin has the historic distinction of being the very first commemorative type coin of the U.S. Gov't Mint. The Columbus bust obverse and the Santa Maria Flagship reverse never again appeared on any other U.S. coinage — and are never again likely to be struck. As the 500th Anniversary of America's discovery approaches in the next decade, this already scarce Columbus commemorative will undoubtedly become increasingly sought-after, and a precious family keepsake in American homes.

Originally Hundreds Of Times Scarcer Than Morgan Dollars

A comparatively small total mintage of 2.4 million coins, made the Columbus Silver Commemorative Half Dollar literally hundreds of times scarcer than the Morgan Silver Dollar — whose combined mintages totaled 657 million coins!

Yet the Columbus coin, considered by some numismatists to be a "sleeping" classic, can be acquired individually today at $28 each.

Each Columbus silver half dollar is a large 31mm in diameter, struck in 12.5 grams of .900 pure silver, and each coin comes with a Certificate of Authenticity attesting to its very fine quality.

Offered On A Strict First-Come, First-Served Basis, While Supplies Last. Price Guaranteed Next 30 Days!

ICC is offering for sale — on a first-come, first-served basis — a limited number of Columbus silver half dollars at the introductory price of $28 each. This may be the only time we can offer these coins because of supply limitations. Investors and collectors who call us toll-free at 1-800-451-4463 or return the order coupon below may order 1-20 coins.

Special presentation boxes for individual coins available for $2.50 each.
All coins available for prompt delivery.

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Please send America's First Commemorative coin, the Columbus 1893 half dollars checked:

☐ 1 coin @ $28
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The Ducks of North America

William J. Koelpin, dean of American wood carvers, creates a definitive collection of hand-painted miniatures—the first ever to portray every species of duck in North America.

Thirty-six intricately detailed miniatures in all—available by subscription only.

Hand-painted duck decoys have a beauty and fascination all their own. Crafted according to traditional skills passed down from generation to generation, decoys today are admired and sought after by collectors as unique expressions of American folk art. Yet never has there been a collection portraying *all the species* of North America's ducks—until now.

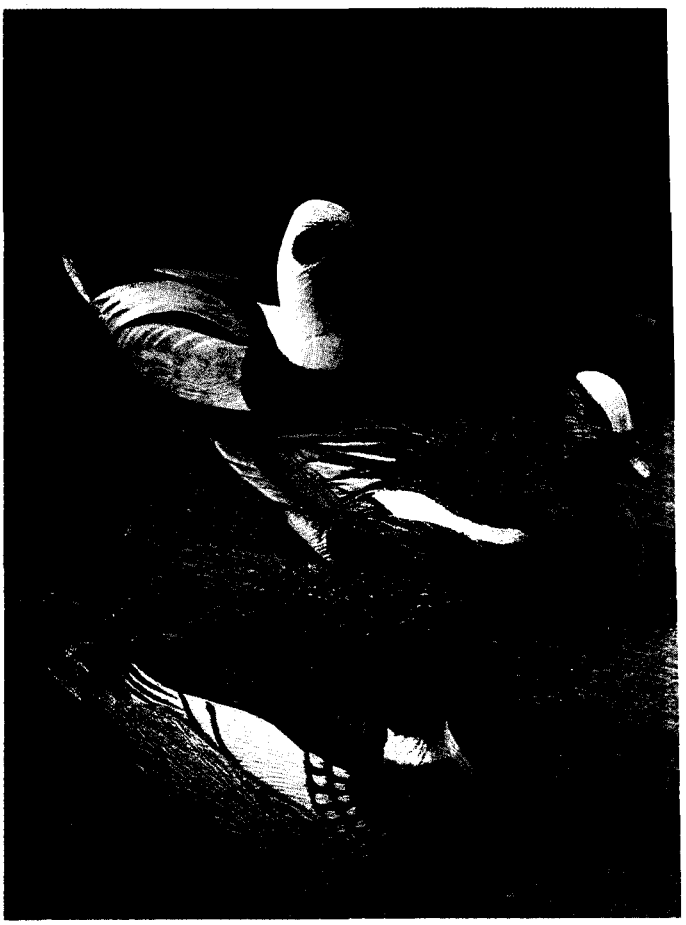
For now, the dean of American wood carvers, William J. Koelpin, has accepted a commission from The Franklin Gallery to create just such a collection. A collection of *miniature decoys* portraying all of the 36 different kinds of wild ducks native to North America. Each decoy will be superbly detailed—hand-painted in its full natural colors. Together, they will form an unprecedented display of sporting art in a uniquely American collecting tradition.

Classics—by an acknowledged master

The art of William J. "Bill" Koelpin has won numerous awards and can be seen in major museums and private collections throughout the country. In 1974, Koelpin was chosen "Best in World" at the World Championship Wild Fowl Carving Competition in Salisbury, Maryland. He has been named "Master of the Guild" by the International Wood Carving Guild. And our nation's most prestigious wildlife museum—the Lehigh-Yawkey-Woodson Art Museum in Wausau, Wisconsin—has called him "one of America's premier artists."

Bill Koelpin's enormous talent—his artistic mastery, his accuracy and complete authenticity—will be in evidence throughout The Ducks of North America Miniature Decoy Collection.

Working directly in miniature, he has hand-carved an original master for each species of duck. From these master models, expert craftsmen take special molds, so incredibly detailed that they capture every line and curve of the sculptor's art. Each decoy in the collection is then crafted from these molds in a blend of resins and wood to create a perfect miniature. A



work so lifelike, in every respect, that you will actually be able to see the *attitude* of the bird ... the *texture* of its wing plumage ... and the true-to-scale *proportion* of each species—from the majestic Mallard and King Eider to the compact Surf Scoter.

The rich colors and shadings of nature

To add to the life-like realism of the collection, each miniature decoy is then individually hand-painted in as many as twelve colors. These colors are carefully chosen and painstakingly applied to accurately define the rich hues and subtle shadings found in nature.

The iridescent green hood of the Mallard, for example. The steel-blue head and muted speckled breast of the Blue-winged Teal. And the brilliant plumage of the Wood Duck —a rainbow of purple,

green, burgundy and bronze. Indeed, this individual hand painting of each miniature is the only way to achieve the *authenticity* that distinguishes the most desirable decoys. The result of all this

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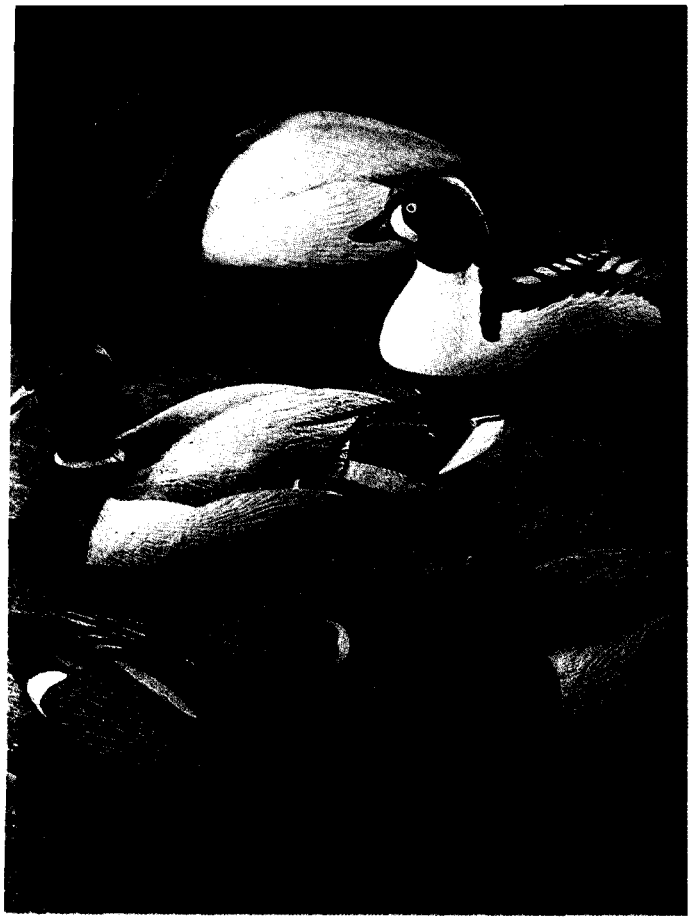
Miniature Decoy Collection



BY William J. Koelpin

will provide a dramatic accent for the walls of a study, den or office. Its design allows ample room for the collection to be arranged in any of several ways.

Enter your subscription by February 28th.

The Ducks of North America Miniature Decoy Collection will be crafted exclusively for subscribers. It is available only by direct subscription from The Franklin Gallery. It will not be sold through stores.

If you appreciate the beauty of nature's most spectacular waterfowl . . . and its expression in the uniquely American tradition of finely crafted decoys . . . this collection of hand-painted miniatures will provide you with rich and lasting satisfaction.

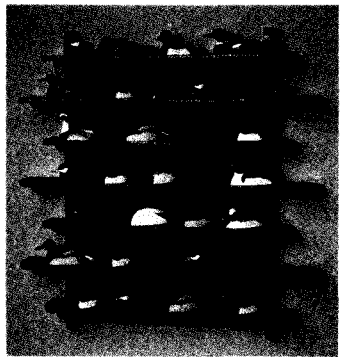
To subscribe, please reply by February 28, 1983.

Decoys, at left, shown reduced. Average length is 3 inches. The base of each decoy will bear the name of the species portrayed, the signature of the artist, and the copyright of The Franklin Gallery.

meticulous craftsmanship is a collection of 36 miniature decoys that represents a truly remarkable achievement. For each one is faithful to nature. Crafted with the precision and detail that would do credit to a full-size decoy—in a miniature that rests comfortably in the palm of your hand.

To complete the presentation, the base of each decoy will bear the signature of William J. Koelpin, together with the name of the waterfowl portrayed. And each decoy will be accompanied by a specially written commentary, describing the duck, its seasonal markings and its habitat.

A dramatic display to showcase the collection



So that these superb hand-painted miniatures may be displayed to their best advantage, a handsome display rack will be included as part of the collection.

This fine hardwood rack

© 1983 FG

The Ducks of North America

MINIATURE DECOY COLLECTION

Please mail by February 28, 1983.

The Franklin Gallery
Franklin Center, Pennsylvania 19091

Please enter my subscription for The Ducks of North America Miniature Decoy Collection by William J. Koelpin, consisting of 36 hand-painted miniature decoys, to be issued to me at the rate of one per month.

I understand that the original issue price is $27.50* for each miniature decoy and that this price will be guaranteed to me for the entire collection. The hardwood display rack will be sent to me at no additional charge.

I need send no money now. I will be billed for each decoy in advance of its shipment.

**Plus my state sales tax and $1. for shipping and handling.*

Signature _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE.

Mr.
Mrs.
Miss _____
PLEASE PRINT CLEARLY

Address _____

City, State, Zip _____

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WEATHERIZE YOUR SKIN FOR WINTER

Only a snowman, the lucky chap, can ignore these suggestions on how to winterize the skin for the freeze-dry days ahead.

by Hubert Fox

Among discontents of winter, we number all of the unpleasant things it does to the surfaces of our life: the icy road, which keeps us from driving to the opera, the sight of a dead lawn, on which, in summer, all could play, the brittle sheet of taffy, delivered frozen and inedible in the mail from home.

We do, however, have another vulnerable, delicate and infinitely more valuable surface that we cast into the teeth of the winter winds. This, of course, is our unique and irreplaceable human skin.

Even knowledgeable people will give a stereotypical reply to certain questions. Ask them, for example, "What is the largest organ in the human body?" The more they know, the more likely they will reply, "The liver, of course." Actually, it is not the liver at all. The largest organ of the human body is the skin in which the body is contained.

We average 18 square feet of skin per person. That's a 3′ x 6′ extremely valuable "carpet" that can't be replaced at retail or wholesale anywhere in the marketplace.

We are stuck with the skin that destiny gave us, one-to-a-customer, and we are prudent to pay at least as much respect to Mother Nature's gift as we do to the other high-ticket items we keep inside in the winter. Then shouldn't we also keep the skin inside if we live in northern climates? Well, no. We can't. But once we maneuver ourselves out into the blasts, what will this exposure cost us, skinwise? We are schooled in the ways of summer. Sunburn teaches more in dermatology in 24 hours than we could learn in a lifetime of textbook studies. But, if we know the jeopardies of sunlight, what do we need to learn of the evil ways of shadow? What is the line in winter?

Moisture being the key to keeping the skin soft and supple, winging over the snow is a far cry from singing in the rain, as far as the skin is concerned. Thus the loss of moisture from winter days of low humidity has to be restored.

The skin is vulnerable, but like a spider web, as tough as its delicacy will allow. Remember, they make shoes, saddles and whips out of skin. That is what leather is. Given this fact, if our skin is important to us only as a hide (if we think of it the way alligators do, only as an envelope to hold the alligator together), then winter may not present very many challenges. Our tough "leather" envelope won't need all that much attention in response to cold-weather stress.

But there is another consideration. Beauty. Just a moment, men. This isn't a time to sneak off to the centerfold. The 50 to 100 percent increase in dollar sales of cosmetics within the last ten years didn't all come out of ladies' purses. A lot of it came out of your beat-up wallets.

There is something about winter that doesn't love beautiful skin. It's no secret what this something is. Beauticians, dermatologists, door-to-door salespersons and Miss America will all tell you what the problem is. It is loss of moisture.

The skin has, among other serious functions, substantial control of heat and water metabolism affecting the whole body. Cold weather directly challenges the skin's ability to conserve heat, and we wisely assist our skins by various covering-up techniques.

continued on following page

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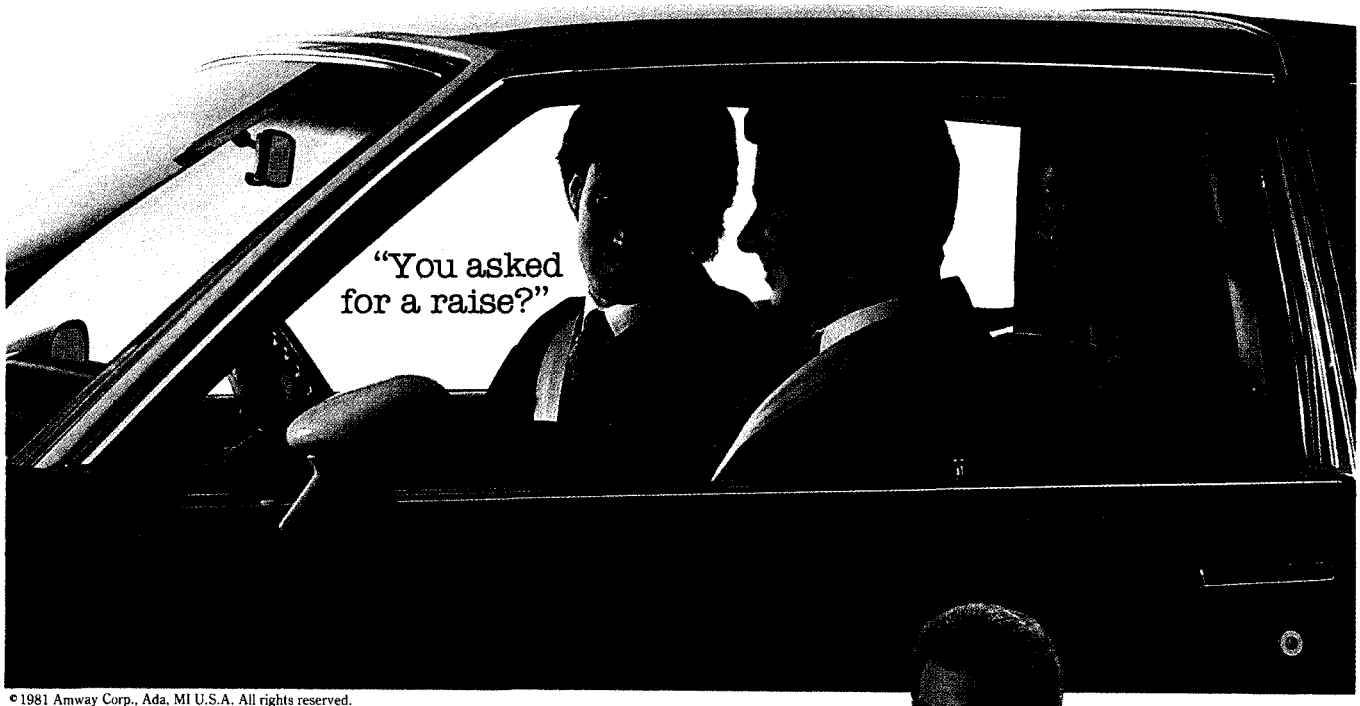

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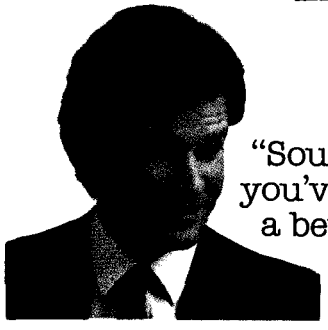

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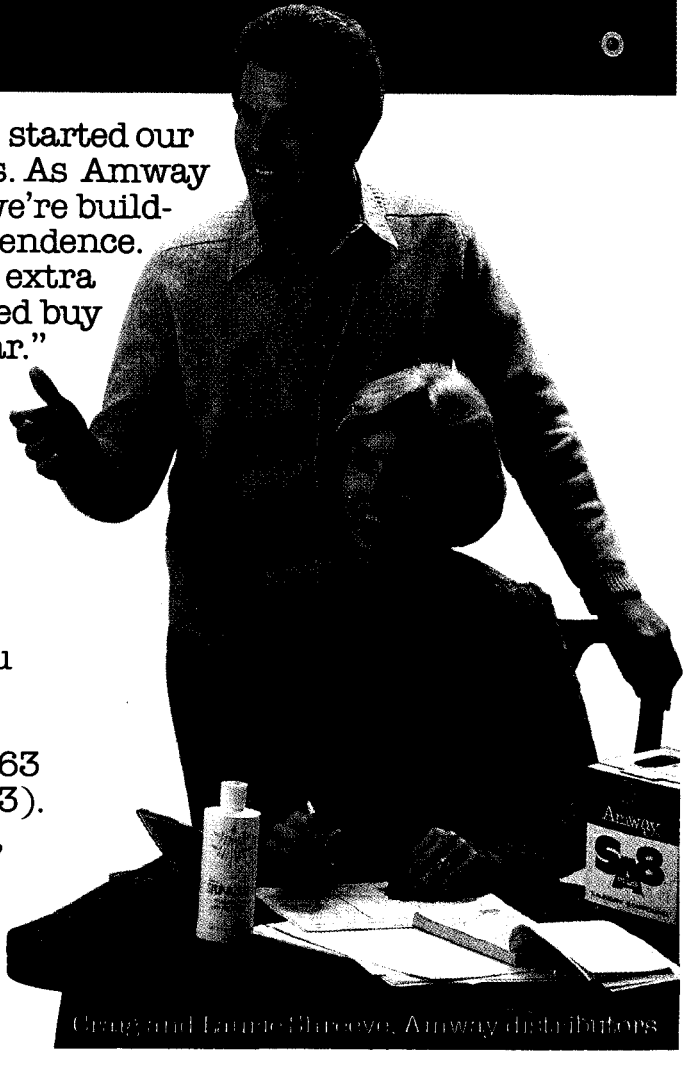

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"Beware of Frostbite"

Frostbite is winter's more than ample equivalent of summer's sunburn, sunstroke and heat exhaustion. It represents major cold injury to surface tissues and extremities. During extremely cold weather, exposure to the face and extremities (toes, fingers, earlobes) results in frostbite. The tissue first feels cold, then burns, then becomes numb and changes color from pink to pale. Before you know it, you're frostbitten!

Treatment of frostbite requires that you seek shelter immediately. Next you should warm your inner self, temperately, with mild, hot beverages (preferably nonalcoholic). Then gently warm the frostbitten part by application of gradually warmer water.

With this treatment, sensation ("pins and needles" first) returns and the frostbitten part should turn from pale to pink. If it doesn't, see your doctor at once.

Depending on balances between winter temperatures and winter humidity, cold weather also results in substantial moisture loss through the skin. This loss of moisture is the main factor challenging the aesthetic status of our skin in winter. Some call it beauty, and you can, too. By any name, this quality depends on reasonable degrees of moisture in the skin. Dryness is an enemy of beauty.

The creation of barriers for this moisture loss constitutes the main available response to winter skin problems.

So here we are, at last, at the cosmetic counter? Wait a minute, not so fast ladies (you too, Mac). There are a few other techniques that take precedence over that marvelous, deep dip into any of those jars.

First, in winter, cover up. Wear those gloves in addition to that coat. And what about a hat? Don't like hats? Wear one anyway. A very large percentage of blood flows into the brow, and heat loss through an uncovered head is tremendous in cold weather. What about a scarf or something between your skin and wool garments. Wool scratches! And remember, you can actually get sunburned in winter, too.

"You know, a cold does have its advantages. I can't taste this stuff at all."

Second, humidify the house until the windows are slightly misty. Room humidifiers are effective, economical and trouble free. Humidity prevents moisture evaporation through the skin and results in healthy, cold-free respiratory systems. Moreover, humidifying conserves fuel energy, because you can be warm at even lower temperatures if the air is moist.

Third, warm up a little longer before you start to exercise. You will sweat less if you don't take off while the old motor is still cold.

Fourth, go hydrate yourself. Drink two quarts of liquid a day, in the interest of giving your skin something wet with which to work. Water, fruit juices, etc., are fine. Don't try this with beer or *Chateau-Neuf-du-Pape,* or you will wind up with bigger problems.

Fifth, experts advise a diet higher in fruits and protein in winter, coupled with a lower intake of animal fat.

Sixth, it is time for the bath. During Queen Elizabeth's reign, this would have occurred about once a year on Groundhog Day. (The Elizabethans might have considered us the mad people, the way we pop in and out of the tub!) Prudence says we should bathe less often in winter in order to prevent skin dehydration. If we take a shower once a day in summer, perhaps it should be just a short bath every two days in winter. Certainly, there is more luxury and relaxation, more voluptuous self-indulgence (you're worth it) in the bath. And, after all, the Romans were great plumbers but they still didn't fool around much with showers. Use a good quality cleansing bar—such as Dove, Ivory, Basis or Neutrogena—and be sure to rinse all of it off, quite thoroughly. If you can gently blot yourself dry, do this instead of rubbing yourself raw with a towel.

The various bath oils are indicated for bothersome dryness of skin. For most skins, a liberal application of moisturizing products

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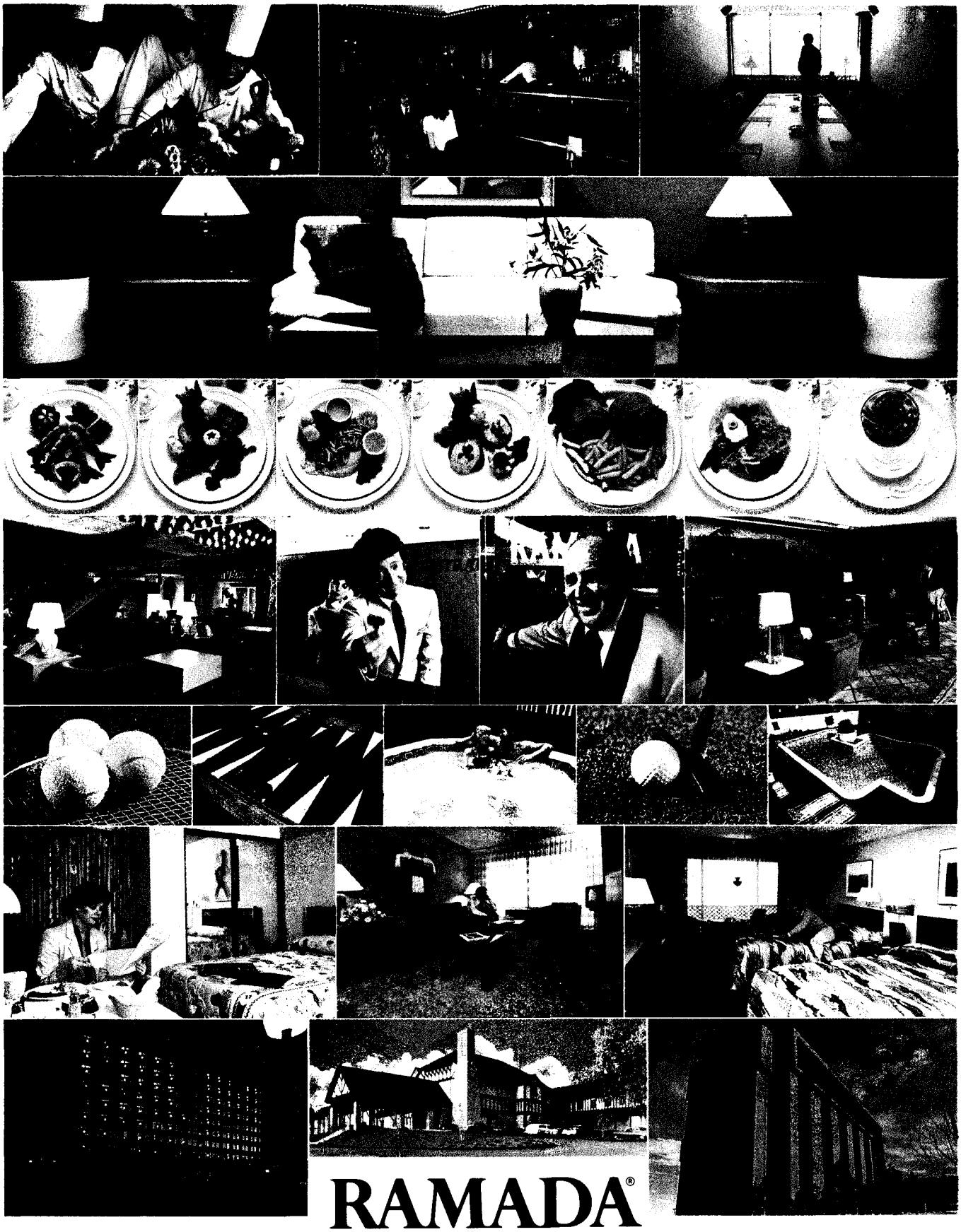

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Skin Care

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will be appropriate. Remember, when it comes to moisturizing, those who must look at you will react positively to careful treatment of your face; those whom you touch will appreciate your finesse in using liberal amounts of hand cream.

Further, total body application of moisturizers for an all-over-skin-soft effect will elicit its own share of enthusiasm from various associates.

Finally, if we didn't lose the men in the last turn, perfumers suggest that those for whom colognes suffice as a summer essence should turn in winter directly to subtle perfumes for the same effect.

Native Tongues

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mantequilla?). Then you can request "I, yellow," which is a request for ice (*Hay hielo?*).

The Spanish expression *Eso si que es!* ("That's exactly it!" or "That's just right!") can be pronounced exactly by anybody who speaks English if he simply spells aloud the word "socks" quickly as an exclamation: s-o-c-k-s!

How about a lesson on the parts of speech? Even in a Third World country it can turn people off:

In Swahili, an important trade language in Africa, the English word "simile" means "go away!" or "get lost!"

But the good old American slang may be readily understood:

If you wish to tell an Amharic-speaking Ethiopian driver to go forward, you could say, "What a fit" (*woda fit*), and forward he would go. The hippielike admonition "be cool" means "direction" in Amharic (*bicool*). The English word for a pig, "sow," means "man"; "lamb" is the word for "cow"; and "kill" means "skull."

A word of caution, however, to those who try to span the language gap using sound-alikes: Things could backfire, especially in Russia, where attempts to express disgust and dismay (at some Soviet official or policy, for example) may be taken just the opposite.

The spoken English "sin" comes out "son" in Russian; "brat" is understood as "brother," and "horror show" means "good"!

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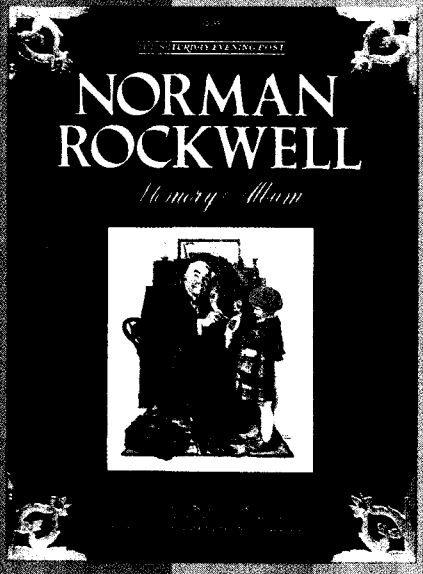

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DON'T LET AGE SHRINK YOU

To escape the brittle bones and shrinking of age, prevention must not be left to those golden years. Instead, attention to calcium intake must begin much earlier.

by B. A. Vinocur

Illustrated by Marcus Hamilton

An inescapable consequence of the aging process is that our bones become thinner. For some, this causes no problem. However, for millions, most of whom are women, the situation is far more serious. They are victims of a disease called osteoporosis, an insidious process that leaches calcium from bones. The result is a gradual but significant loss of height and an increased risk of fractures. Fortunately, there appears to be a simple, inexpensive way to forestall this devastating disease—namely, daily calcium supplements and regular exercise.

Calcium is our body's most abundant mineral. Without it, our hearts wouldn't beat; our muscles and nerves wouldn't function; our blood wouldn't clot; our teeth would be soft and fragile; and our bones would break like dried twigs. In addition, researchers at the Oregon Health Sciences University in Portland have reported that calcium deficiency may contribute to hypertension in certain individuals.

But if calcium plays such an essential role in our bodies, why don't we hear more about it? The reason is simple. For years, doctors believed that, while essential for children, calcium just wasn't that important in the diet of adults. However, they are now rethinking that advice in view of evidence that an adequate daily intake of calcium may be the best weapon in the battle to prevent osteoporosis.

The one-fourth of all women who suffer with the bone-degenerating condition of osteoporosis will lose at least an inch in height in the years after menopause, and some a good deal more.

The disease afflicts one in four women, and one in three will suffer a fracture as a result of it. Osteoporosis literally means "porous bones," but to those with the disease, it means much more. It translates into pain; a "dowager's hump"; shrinking in size; and, worst of all, fractures—about a million cases a year. In most cases, they are of the hip, spine or arm, but other sites, such as the ribs and legs, can also be affected. Of those who fracture their hips, about 300,000 victims a year, approximately 15 percent will die within a year, and another 30 to 40 percent will suffer serious and often permanent disability as a result of the injury. Health-care economists estimate the annual cost of these injuries, in acute-care health dollars alone, at more than $1 billion.

It is therefore not surprising that doctors are trying to focus attention on ways to deal with this disease. But it is a peculiar affliction. Its victims are usually white postmenopausal women; blacks are virtually immune to it, and men only rarely are afflicted by it. The reasons why some are more resistant to the disease than others seem to be tied to genetics, diet and hormonal balance. Blacks, for example, have a genetic makeup that produces denser bones; men, studies show, take in more calcium, and they don't undergo the same hormonal changes with age as women do.

But while hormones are recognized to play an important role in osteoporosis, they are not the whole story. Our bones, composed principally of calcium, are, in effect, a calcium bank for our bodies. Withdrawals take place at all ages, but dietary intake decreases with age. The result: More is being withdrawn than is being deposited, leading to a gradual thinning of the bones. In those with osteoporosis, the process becomes accelerated. The trigger is the hormone estrogen. Once women go through menopause, calcium leaves their bones much more rapidly than it is coming in, a problem that is only made worse by a diet that studies show is dangerously deficient in calcium.

In fact, the problem is so serious that many experts have labeled it the number-one dietary deficiency of

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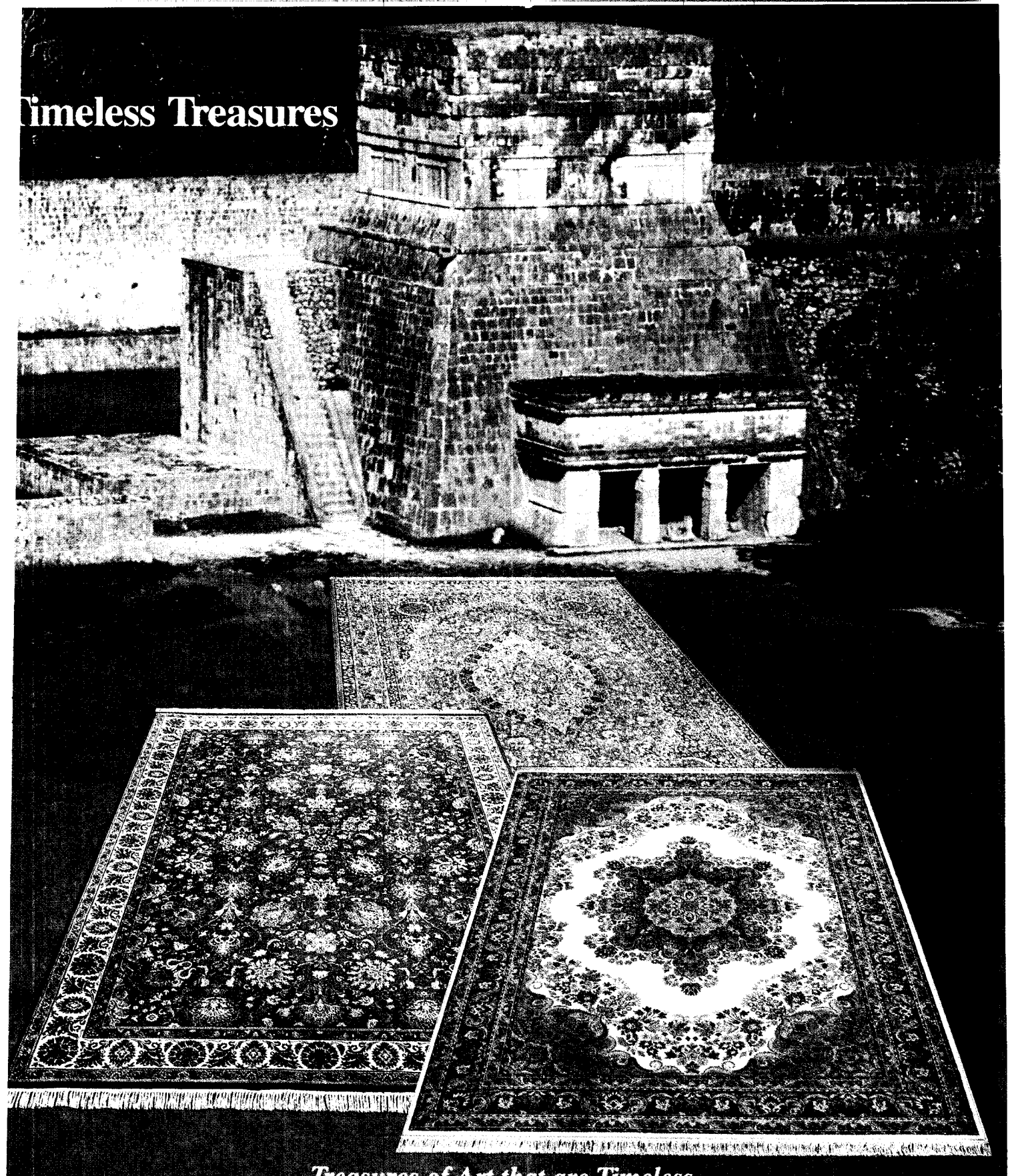

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the elderly. But if one is to escape this disease, prevention must not be left to those golden years. Instead, attention to calcium intake must begin much earlier.

"We used to think calcium loss didn't really begin happening to any significant degree until a woman went through menopause. But studies now show that in fact it begins much earlier, around age 25. So by the time women come into the menopause, many of them have already lost a third of their bone. When they then lose that estrogen, it adds insult to injury," explains Louis Avioli, M.D., Shoenberg Professor of Medicine, director of bone and mineral metabolism at Washington University School of Medicine and director of endocrinology, The Jewish Hospital of St. Louis.

In addition to bone fractures, which are the hallmark of the disease, Avioli points out that osteoporosis can also cause the body to collapse on itself. "The 'dowager's hump' is an example of the progressive shortening of the spine to progressive bone loss. On the average, women lose an inch to an inch and a quarter in height; some," he emphasizes, "lose a good deal more."

As previously mentioned, the precise cause of osteoporosis remains an enigma, but experts agree that estrogen clearly plays a key role in the complex disorder. As a result, many doctors use estrogen to treat the problem. "Estrogen can be very useful in treating osteoporosis; however, there are problems associated with its use. The main ones are that it places those taking it at an increased risk for cancer of the breast and uterus, and some women may develop high blood pressure while on it," explains Robert Recker, M.D., associate professor of medicine, chief of endocrinology and director of the Metabolic Research Unit at Nebraska's Creighton University School of Medicine. But despite those problems, Recker feels estrogen can be a valuable weapon against the disease. "I think," he says, "that doctors and patients have to be aware of the risks and the potential benefits. In some groups, such as those with a family history of osteoporosis, the benefit of estrogen may outweigh the potential risks."

Others have approached the problem of osteoporosis by giving vitamin D; however, that can have its problems as well. "Taking large doses of vitamin D can accelerate the problem. But some researchers have used vitamin D-like compounds to treat patients with osteoporosis, and others have used vitamin D and calcium together with success to treat osteoporosis," explains Robert Marcus, M.D., assistant professor of medicine at Stanford University School of Medicine and director of the Aging Study Unit at the Veterans Administration Medical Center in Palo Alto, California.

Still, doctors would prefer preventing osteoporosis rather than having to treat it. "The first step in doing that," Recker says, "is making both the public and physicians more aware of the problem's magnitude. The next is to address the problem of calcium deficiency in our diets.

"The major source of calcium in the diet is dairy products, and once our parents stop telling us to drink milk, most of us neglect that source of the mineral," Recker says. Concern over the fat content of dairy products, a decreased appetite for milk among adults and concern over calories all contribute to the problem, according to Recker. "The average menopausal white female takes in between 600 and 650 milligrams of calcium a day. The recommended dietary allowance (RDA) is 800 mg, and many of us feel this should be increased to 1,500 mg a day," he says.

In addition to taking extra calcium, Recker suggests other ways to reduce the toll that can be extracted by osteoporosis. One of them, regular weight-bearing exercise, is being evaluated as a means to retard bone loss due to the disease. "It isn't yet clear that, by itself, it will be enough, but incorporating it into a prevention program is a good idea," he explains.

Other things besides inactivity that appear to accelerate bone loss include smoking and caffeine, as well as excessive protein in the diet. "A very high protein diet will increase calcium loss, and for as yet unknown reasons, smoking appears to do the same thing," Marcus says. Recker adds that the amount of caffeine taken in also appears to affect calcium balance. "In our studies here," he says, "we have shown that even what one would consider relatively small amounts of caffeine can affect calcium loss. For example, two cups of caffeinated coffee a day cause a loss of 22 milligrams. Each additional cup costs another 6 milligrams. And, when you consider that there are many other sources of

Dietary Sources of Calcium

Food	Amount	Calcium Content (Milligrams)
Soy, defatted, stirred	1 cup	366
Ricotta cheese (whole milk)	1 ounce	509
Swiss cheese	1 ounce	272
Ice cream	1 cup	176
Skim milk	1 cup	302
Whole milk	1 cup	291
Yogurt (whole milk, plain)	8 ounces	274
Herring (fresh)	1 pound	258
Perch (ocean)	1 pound	208
Salmon (fresh)	1 pound	358
Shrimp (fresh)	1 pound	286
Lobster	1 pound	132
Apple (raw)	1 medium	12
Almonds (raw)	1 cup	332
Brazil nuts (raw)	1 cup	260
Broccoli (cooked)	1 cup	136
Spinach (cooked)	1 cup	167

Source: Nutrition Search, Inc. (John D. Kirschmann, Director). *Nutrition Almanac* (Revised Edition), New York, McGraw-Hill Book Company, 1979.

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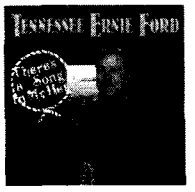

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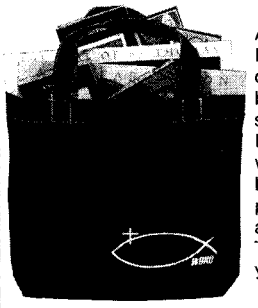

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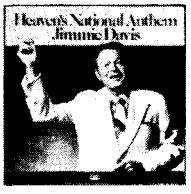

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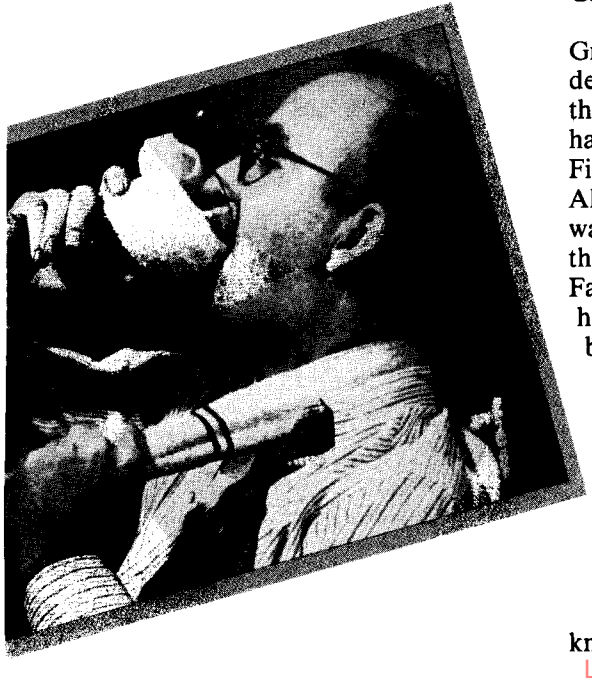
ALCOHOLICS ANONYMOUS

Only the members are anonymous; Alcoholics Anonymous is known by thousands of drinkers who have sought help.

by Jack Alexander

Editor's note: The following article is the concluding installment of Jack Alexander's classic article on Alcoholics Anonymous, which first appeared in *The Saturday Evening Post* in 1941 and is reprinted in this and the November and December 1982 issues. We present it in the hope that it will be as inspirational to those who read it now as it was informative and helpful to those who witnessed its original publication. The work of Alcoholics Anonymous is just as important today as it was 40 years ago. In a future issue, we will feature an update on the organization.

Part III Alcoholics Anonymous, which is a synthesis of old ideas rather than a new discovery, owes its existence to the collaboration of a New York stockbroker and an Akron physician. Both alcoholics, they met for the first time a little less than six years ago. In 35 years of periodic drinking, Doctor Armstrong, to give the physician a fictitious name, had drunk himself out of most of his practice. Armstrong had tried everything, including the Oxford Group, and had shown no improvement. On Mother's Day, 1935, he staggered home, in typical drunk fashion, lugging an expensive potted plant, which he placed in his wife's lap. Then he went upstairs and passed out.



At that moment, nervously pacing the lobby of an Akron hotel, was the broker from New York, whom we shall arbitrarily call Griffith. Griffith was in a jam. In an attempt to obtain control of a company and rebuild his financial fences, he had come out to Akron and engaged in a fight for proxies. He had lost the fight. His hotel bill was unpaid. He was almost flat broke. Griffith wanted a drink.

During his career on Wall Street, Griffith had turned some sizable deals and had prospered but, through ill-timed drinking bouts, had lost out on his main chances. Five months before coming to Akron, he had gone on the water wagon through the ministrations of the Oxford Group in New York. Fascinated by the problem of alcoholism, he had many times gone back as a visitor to a Central Park West detoxicating hospital, where he had been a patient, and talked to the inmates. He effected no recoveries, but found that by working on other alcoholics he could stave off his own craving.

A Doctor for a Patient

A stranger in Akron, Griffith knew no alcoholics with whom he could wrestle. A church directory, which hung in the lobby opposite the bar, gave him an idea. He telephoned one of the clergymen listed and through him got in touch with a member of the local Oxford Group. This person was a friend of Doctor Armstrong's and was able to introduce the physician and the broker at dinner. In this manner, Doctor Armstrong became Griffith's first real disciple. He was a shaky one, at first. After a few weeks of abstinence, he went East to a medical convention and came home in a liquid state. Griffith, who had stayed in Akron to iron out some legal tangles arising from the proxy battle, talked him back to sobriety. That was on June 10, 1935. The nips the physician took from a bottle proffered by Griffith on that day were the last drinks he ever took.

Griffith's lawsuits dragged on, holding him over in Akron for six months. He moved his baggage to the Armstrong home, and together the pair struggled with other alcoholics. Before Griffith went back to New York, two more Akron converts had been obtained. Meanwhile, both Griffith and Doctor Armstrong had withdrawn from the Oxford Group, because they felt that its aggressive evangelism and some of its other methods were hindrances in working with alcoholics. They put their own technique on a strict take-it-or-leave-it basis and kept it there.

Progress was slow. After Griffith had returned East, Doctor Armstrong and his wife, a Wellesley graduate, converted their home into a free refuge for alcoholics and an experimental laboratory for the study of the guests' behavior. One of the guests, who, unknown to his hosts, was a manic depressive as well as an alcoholic, ran wild one night with a kitchen knife. He was overcome before he had stabbed anyone. After a year and a half, a total of ten persons had responded to the program and were abstaining. What was left of the family savings had gone into the work. The physician's new sobriety caused a revival in his practice, but not enough of one to carry the extra expense. The Armstrongs, nevertheless, carried on, on borrowed money. Griffith, who had a Spartan wife, too, turned

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continued on following page

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KQR

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his Brooklyn home into a duplicate of the Akron menage. Mrs. Griffith, a member of an old Brooklyn family, took a job in a department store and in her spare time played nurse to inebriates. The Griffiths also borrowed, and Griffith managed to make odd bits of money around the brokerage houses. By the spring of 1939, the Armstrongs and the Griffiths had between them cozened about 100 alcoholics into sobriety.

In a book, which they published at that time, the recovered drinkers described the cure program and related their personal stories. The title was *Alcoholics Anonymous*. It was adopted as a name for the movement itself, which up to then had none. As the book got into circulation, the movement began to spread rapidly.

Today, Doctor Armstrong is still struggling to patch up his practice. The going is hard. He is in debt because of his contributions to the movement and the time he devotes gratis to alcoholics. Being a pivotal man in the group, he is unable to turn down the requests for help that flood his office.

Griffith is even deeper in the hole. For the past two years, he and his wife have had no home in the ordinary sense of the word. In a manner reminiscent of the primitive Christians, they have moved about, finding shelter in the homes of Alcoholics Anonymous colleagues and sometimes wearing borrowed clothing.

A Self-Starting Movement

Having got something started, both the prime movers want to retire to the fringe of their movement and spend more time getting back on their feet financially. They feel that the way the thing is set up it is virtually self-operating and self-multiplying. Because of the absence of figureheads and the fact that there is no formal body of belief to promote, they have no fear that Alcoholics Anonymous will degenerate into a cult.

The self-starting nature of the movement is apparent from letters in the files of the New York office. Many persons have written in saying that they stopped drinking as soon as they read the book, and made their homes meeting places for small local chapters. Even a fairly large unit, in Little Rock, got started in this way. An Akron civil engineer and his wife, in gratitude for his cure four years ago, have been steadily taking alcoholics into their home. Out of 35 such wards, 31 have recovered.

Twenty pilgrims from Cleveland caught the idea in Akron and returned home to start a group of their own. From Cleveland, by various means, the movement has spread to Chicago, Detroit, St. Louis, Los Angeles, Indianapolis, Atlanta, San Francisco, Evansville and other cities. An alcoholic Cleveland newspaperman with a surgically collapsed lung moved to Houston for his health. He got a job on a Houston paper and, through a series of articles he wrote for it, started an AA unit that now has 35 members. One Houston member has moved to Miami and is now laboring to snare some of the more eminent winter-colony lushes. A Cleveland traveling salesman is responsible for starting small units in many different parts of the country. Fewer than half of the AA members have ever seen Griffith or Doctor Armstrong.

"Sorry, sir. The Liars' Club Convention isn't at this hotel. I'm afraid someone gave you the wrong information."

To an outsider who is mystified, as most of us are, by the antics of problem-drinking friends, the results which have been achieved are amazing. This is especially true of the more virulent cases, a few of which are herewith sketched under names that are not their own.

Sarah Martin was a product of the F. Scott Fitzgerald era. Born of wealthy parents in a Western city, she went to Eastern boarding schools and "finished" in France. After making her debut, she married. Sarah spent her nights drinking and dancing until daylight. She was known as a girl who could carry a lot of liquor. Her husband had a weak stomach, and she became disgusted with him. They were quickly divorced. After her father's fortune had been erased in 1929, Sarah got a job in New York and supported herself. In 1932, seeking adventure, she went to Paris to live and set up a business of her own, which was successful. She continued to drink heavily and stayed drunk longer than usual. After a spree in 1933, she was informed that she had tried to throw herself out a window. During another bout she did jump, or fall—she doesn't remember which—out of a first-floor window. She landed face first on the sidewalk and was laid up for six months of bonesetting, dental work and plastic surgery.

In 1936, Sarah Martin decided that if she changed her environment by returning to the United States she would be able to drink normally. This childish faith in geographical change is a classic delusion that all alcoholics get at one time or another. She was drunk all the way home on the boat. New York frightened her and she drank to escape it. Her money ran out and she borrowed from friends. When the friends cut her, she hung around Third Avenue bars cadging drinks from strangers. Up to this point, she had diagnosed her trouble as a nervous breakdown. Not until she had committed herself to several sani-

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tariums did she realize, through reading, that she was an alcoholic. On advice of a staff doctor, she got in touch with an Alcoholics Anonymous group. Today she has another good job and spends many of her nights sitting on hysterical women drinkers to prevent them from diving out of windows. In her late 30s, Sarah Martin is an attractively serene woman. The Paris surgeons did handsomely by her.

At 22, Tracy, a precocious son of well-to-do parents, was credit manager for an investment-banking firm whose name has become a symbol of the money-mad '20s. After the firm's collapse during the stock-market crash, he went into advertising and worked up to a post that paid him $23,000 a year. On the day his son was born, Tracy was fired. Instead of appearing in Boston to close a big advertising contract, he had gone on a spree and had wound up in Chicago, losing out on the contract. Always a heavy drinker, Tracy became a bum. He tippled on canned heat and hair tonic and begged from cops.

He started committing himself to sanitariums, more to get in out of the cold than anything else. In one institution, a physician got him interested in the AA program. As part of it, Tracy, a Catholic, made a general confession and returned to the church, which he had long since abandoned. He skidded back to alcohol a few times, but after a relapse in February 1939, Tracy took no more drinks. He has since then beat his way up again to $18,000 a year in advertising.

Victor Hugo would have delighted in Brewster, a heavy-thewed adventurer who took life the hard way. Brewster was a lumberjack, cowhand and wartime aviator. During the postwar era, he took up flasktoting and was soon doing a Cook's tour of the sanitariums. In one of them, after hearing about shock cures, he bribed the attendant in the morgue to permit him to drop in each afternoon and meditate over a cadaver. The plan worked well until one day he came upon a dead man who, by a freak of facial contortion, wore what looked like a grin. Brewster met up with the AAs in December 1938 and after achieving abstinence got a sales job which involved much walking. Meanwhile, he had got cataracts in both eyes. One was removed, giving him distance sight with the aid of thick-lens spectacles. He used the other eye for close-up vision, keeping it dilated with an eye-drop solution in order to avoid being run down in traffic. Then he developed a swollen, or milk, leg. With these disabilities, Brewster tramped the streets for six months before he caught up with his drawing account. Today, at the age of 50, and still hampered by his physical handicaps, he is making his calls and is earning around $400 a month.

For the Brewsters, the Martins, the Tracys and the other reformed alcoholics, congenial company is now available wherever they happen to be. The Cleveland groups give big parties on New Year's and other holidays, at which gallons of coffee and soft drinks are consumed. Chicago holds open house on Friday, Saturday and Sunday. All alcoholics, drunk or sober, like to gab. They are among the most society-loving people in the whole world, which may help to explain just why they got to be alcoholics in the first place.

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Open Forum

MAKING CRIMINALS PAY THEIR VICTIMS

"Somewhere along the criminal-law line we've forgotten that it is the victim himself who's been harmed and not some collective entity called the state."

It looks as if Congress is finally beginning to correct the criminal-vs.-victim balance. The Senate has voted unanimously that federal judges sentence criminals to pay restitution to their victims as well as serve prison terms. If the House concurs, the bill will be a first step toward giving victims their rights under the law.

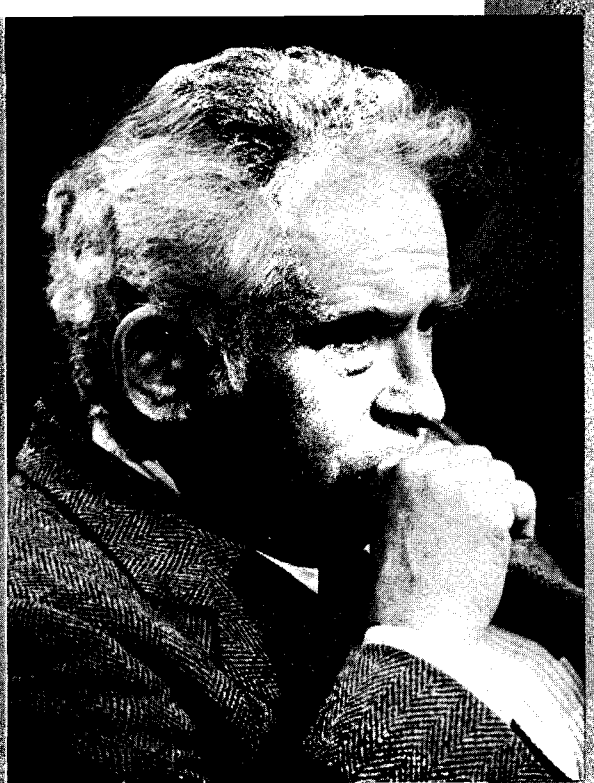
The justice of the victim-compensation bill is so elementary—a criminal should, for example, pay his victim's medical bills—it is a wonder that such a bill is necessary at all. Indeed, 33 states have now set up their own compensation programs. The federal bill will serve as a model code for state and local courts and includes the selling point that it is the criminal and not the taxpayer who'll pay the victim.

Many states have created general funds to compensate crime victims. But this doesn't make crime pay any less: Taxpayers are left holding the bag, in effect subsidizing the crime with cash that could go to pay more police officers. Other states create such funds by imposing surcharges on the fines convicted criminals pay. California, for example, levies a 40 percent surcharge on all fines, so that a $20 speeding ticket costs $28. This system, while more equitable than a general fund, since only lawbreakers pay, doesn't insure that each criminal pays the full cost of the harm he's caused. On the other hand, it does mean that victims of destitute criminals receive some compensation.

Under the federal bill, judges would consider a "victim impact statement" before sentencing the criminal. This would include the financial, psychological and medical harm caused by the crime. The judge would then order that the criminal pay the victim's medical, property and, if necessary, funeral expenses. Under what has come to be known as the "Son of Sam" rule, the victim would be entitled to any profit the criminal made from the crime; the widow of the man killed by Jack Henry Abbott, Norman Mailer's prison protégé, is now trying to get access to his expected royalties.

Under current law, federal judges have the discretion to order restitution but rarely see to it that victims are compensated. The bill, written by Sen. John Heinz, would reverse the presumption so that, henceforth, judges would be expected to order payments from criminals unless there was some good reason not to. Victims would also be better served by the provision that they be notified if a convict is released from prison or escapes.

This Omnibus Victims Protection Act calls for a rethinking of criminal-law principles. Why did the idea of



Ricci Adan (with her father Henry Howard, far right) filed suit for $10 million in damages against Jack Henry Abbott (center), who stabbed her husband, Richard Adan, to death outside a New York City restaurant July 18, 1981. Abbott, author of the critically acclaimed prison memoir *In the Belly of the Beast* and protégé of writer Norman Mailer (left), had been released from prison three months before the stabbing. He was found guilty of first-degree manslaughter and sentenced to a minimum of 15 years to life in prison last July 15. It was Acting Justice Burton G. Sherman of the New York State Supreme Court who later opened the door for Adan's widow to sue, noting, "It is presumed that Abbott's book is generating royalties and therefore is able to respond to a money judgment."

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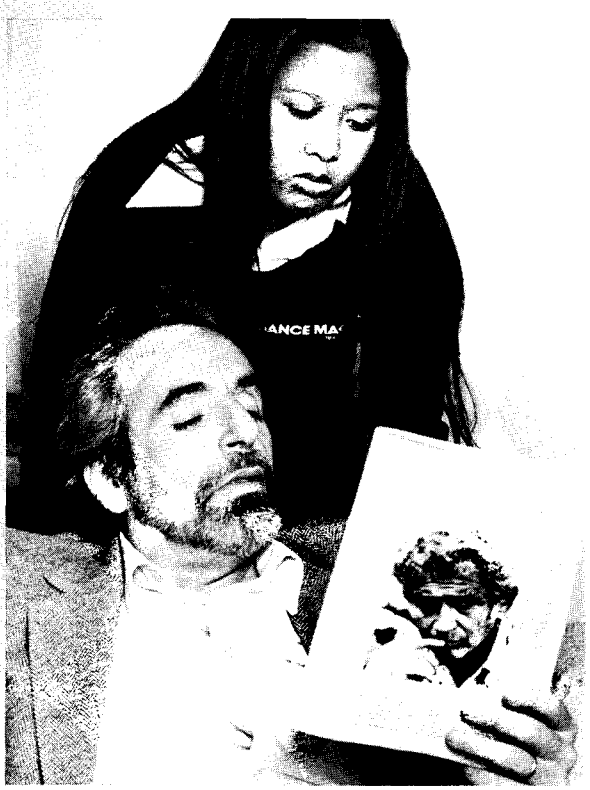
criminals compensating victims strike such a responsive chord in the Senate? After all, when a crime is committed, it is described as a "crime against the state." What entitles the victim to restitution when the case is brought at the discretion of a prosecutor hired by the state, in the name of the state and for the purpose of having the criminal pay his debt to *society*? Somewhere along the criminal-law line we've forgotten that it is the victim himself who's been harmed and not some collective entity called the state.

This simple truth was recognized long ago: Babylonian and Talmudic law called for compensation by the criminal; Anglo-Saxon law included scheduled amounts of compensation for different crimes; and New England states during their early years had thieves return to their victims three times the value of the stolen goods. But during this century, criminal punishment has become the government's business and the victim's concern only insofar as he is a member of society. Along with compensation by criminals, U.S. law would be much improved by adopting the British rule of "private prosecutions"—where even if the government doesn't care to bring a case, a wronged party can call for a criminal case on his own. This was used this summer in Scotland by a rape victim who couldn't persuade the prosecutor to bring her case.

Much about the moral fiber of a society can be learned from the way it deals with crime. It is not enough to treat criminals with compassion, especially when this spirit is carried to the excess of interfering with crime prevention as the courts have done. It's time society showed a little moral strength by acknowledging that victims, real people, are hurt by crime and that it is to them that criminals owe their debt. ✱

Paul and Joan Garland lost their daughter Bonnie five years ago when she was beaten to death with a hammer by her boyfriend, Richard Herrin (right). Last October, the Garlands won a moral victory when the judge ordered Herrin to pay $40,000 in restitution to help compensate for their "emotional distress and expenses." They had sought $2 million. Herrin, aided by a $30,000 defense fund, was convicted of first-degree manslaughter for the 1977 slaying and sentenced to eight years, four months in prison.

Editor's note: The Omnibus Victims Protection Act was passed into law on October 12. It requires federal judges to include a statement of restitution when sentencing criminals. If there is no restitution clause, a judge must state the reason. The act is only a first step to aid victims, as no strict guidelines have yet been set regarding restitution.



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MURDER'S TRAGIC AFTERMATH

The broken family of a murder victim learns the sad truth that time does not heal all wounds.

by Loretta Tofani

The 45 minutes that begin at 8 each morning are the worst time of day for Nicholas Nee. That is when he is alone with his thoughts as he drives to work on the beltway. In his mind he sees his daughter's heart-shaped face seconds before she was murdered. He sees the intruder in her apartment, the gun and the terror in his daughter's brown eyes. Next, he sees her body as he found it—in her bedroom, on the floor, face down.

What was she thinking during those seconds? Did she feel the sadness of what was going to happen? Did she feel I had let her down because I chose the apartment? Did she blame me?

And in the privacy of his dark green Datsun, with the windows down and other cars speeding around him, Nee expresses his emotion. At high pitch, and for several seconds, he screams.

"In the traffic, in the car, no one can hear," he says.

Annette Nee, then 19, was murdered almost five years ago. During the weeks after her death, friends promised Nicholas and his wife, Sugi, that time would heal their pain. The Nees say, simply, that their friends were wrong.

The death has changed the family. Nicholas and Sugi Nee rarely speak to each other. Sugi has not seen her mother and sisters since the murder, even though they live nearby. Annette's sister, Jeannette, had planned to become an artist, but because of the murder will now be a doctor. And Nicholas, who spent two years investigating his daughter's murder, still lives with visions of her death.

Annette Nee was a sophomore at the University of Maryland. She lived in an apartment in Hyattsville, about 20 miles from her parents' ranch house in Gaithersburg. She was the oldest of two daughters and her father's favorite. Like him—and unlike her mother and sister—Annette was meticulous, precise, logical. She wanted to be an engineer, as her father had been before emigrating from China in 1945.

Sugi and Nicholas Nee stand by the portrait shrine to daughter Annette in their Gaithersburg home. Mr. Nee spends much of his time writing to politicians urging tougher law enforcement.

But in the early afternoon of October 26, 1976, a heroin addict named George Dewey Robinson followed her as she carried her books and a box of Gino's fried chicken into her apartment building on Oglethorpe Street. Robinson forced his way into her fourth-floor apartment and struggled with her over her pocketbook. Pointing a stolen .38 caliber revolver, he forced Annette into her bedroom and shot her once just below the nostrils.

Jeannette Nee was a senior in high school in 1976. The day her father discovered Annette's body, she came home from school to find no one at home. Her mother called to say only that she would be late. But she was crying, and Jeannette knew something was wrong. Night came and she went to sleep, only to wake to the sound of her mother sobbing. She followed the sound to her sister's bedroom, where she found her mother sitting on Annette's bed, rocking back and forth, clutching her sister's robe and nightgown in her lap.

"Where's Annette?" she asked.

"Annette," sobbed her mother, "is no more."

During the next two weeks, the Nees had difficulty thinking. When it was time to eat, they ate; when it was time to sleep, they slept. They felt sadness, despair, disbelief, hysteria. Often they felt numb.

Nicholas and Sugi Nee did not go anywhere. They took tranquilizers. Jeannette stopped going to school, and Nicholas and Sugi stopped going to work—she at their Chinese restaurant in Rockville, he at his job as a Chinese translator for the U.S. Army.

Friends and neighbors came to their house with food and, in the living room, listened to Nicholas describe how he became worried when his daughter did not answer her phone, drove to her apartment and found her body. Jeannette made tea, and Sugi sat without responding to her friends' attempts at conversation.

"Every time the door opened, Sugi would jump up and say, 'That's Annette; she's come home,' " said a neighbor, Mary Ziselberger. "We were very concerned about her well-being."

At night, Nicholas had dreams of Annette. They were in color, usually in shades of red. Two nights after he found her body, he dreamed that she was calling him. In the dream, he woke and opened his bedroom door. Annette was sleeping on the

continued on page 40

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Simple principle controls wealth

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Despite our preconceived attitudes toward social justice, God's Law of Use controls the ultimate distribution of wealth. This is not mean or unfair. This is the only way it can be.

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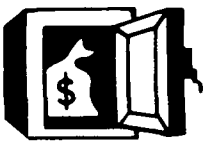

Do you see the simple principle? To everyone who has, and who uses what he has, more shall be given.

Working hand in hand with the Law of Use is a mathematical phenomenon known as the exponential curve. Actually Jesus set forth the first step in such a curve when He told the parable of the talents. Two of the servants doubled what had been given to them. Had they begun with $100 and continued to double the amount each year, at the end of twenty years the $100 would have grown to $50 million.

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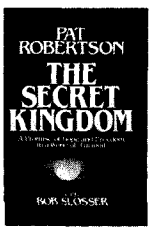
The problem often is that we will look at someone successful and say, "I wish I were like him." First we have to take what God has given and multiply it, steadily and patiently. Success will come.

—excerpted and condensed from *The Secret Kingdom*



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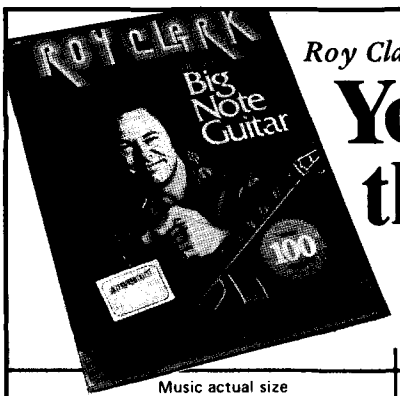

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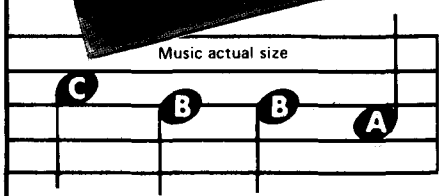

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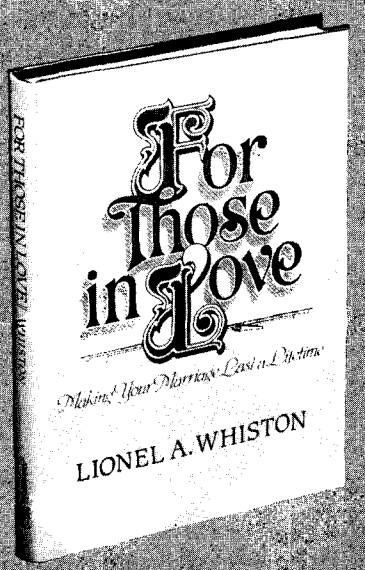

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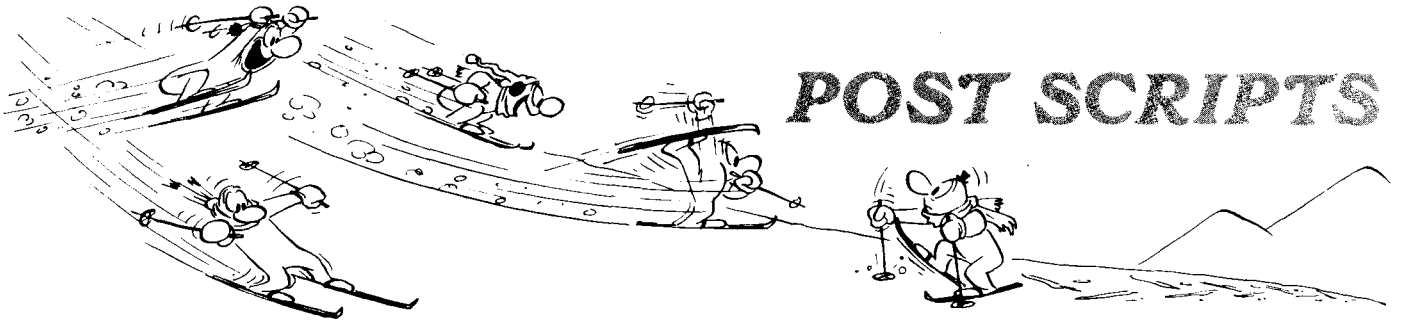


POST SCRIPTS

Married to the Maestro

You've got me wide awake again,
Your opus needs rescoring.
I don't mind the music,
But a one-note snore is boring.

—Jill H. Walker

It's a Bird. . .

The man was reluctant to fasten his seat belt despite the pleas of the stewardess.

"Superman doesn't need a seat belt," he claimed.

"Superman doesn't need an airplane," rejoined the stewardess.

—Bill Kreifeldt

Box-Office Smash

If you want to locate some downtrodden people in America, look for those with aisle seats at the movies.

—Rose Sands

Accowntable Cattle

A farmer was putting one of his new hires through a trial period. One morning, he asked the young man to count the number of cattle that were grazing in a nearby pasture.

"Fourteen hundred," the young man said very quickly.

The farmer scratched his head in bewilderment. "That's amazing," he said. "Tell me, how did you do that so fast?"

"That's easy," the young man said without a moment's hesitation. "I just counted all the cattle's legs, then I divided by four!"

—Roland W. Schaeffner

Time Sparing

The way some people talk about saving time, you'd think they had discovered a way of storing it up for future use.

—W.N. Rieger

Horse Laugh

I shout him on to win the race,
but he's quite deaf to me.
He loses and I sadly note
that I'm more hoarse than he!

—Marna G. Simons

De-Odious Journey

"My man," said the lady to the passenger sharing a bus seat with her, "one of our deodorants isn't working."

"It must be yours, ma'am," he said. "I'm not wearing any."

—Ben Steedly Moore

Daffy Definitions

April 15: rendezvous with debt
Nudist colony: hide park
Wig salon: hairport
Spanking: heir conditioning
Autumn: the last throes of summer
Fad: in one year and out the other
Bunions: the agony of defeet

—Maynard Good Stoddard

Sole Winner?

A smart shoe salesman figured out a way to avoid showing a woman customer a dozen pairs of shoes. Said he, "Better make a quick decision, madam. The price goes up in 15 minutes."

—Homer Phillips

Fooled You

A minister entered his church one Sunday morning and found several letters awaiting him. He opened one and found that it contained the single word, "Fool." Quietly and with becoming seriousness, he announced to the congregation, "I have known many instances of a man writing a letter and forgetting to sign his name, but this is the only instance I've known of a man signing his name and forgetting to write the letter."

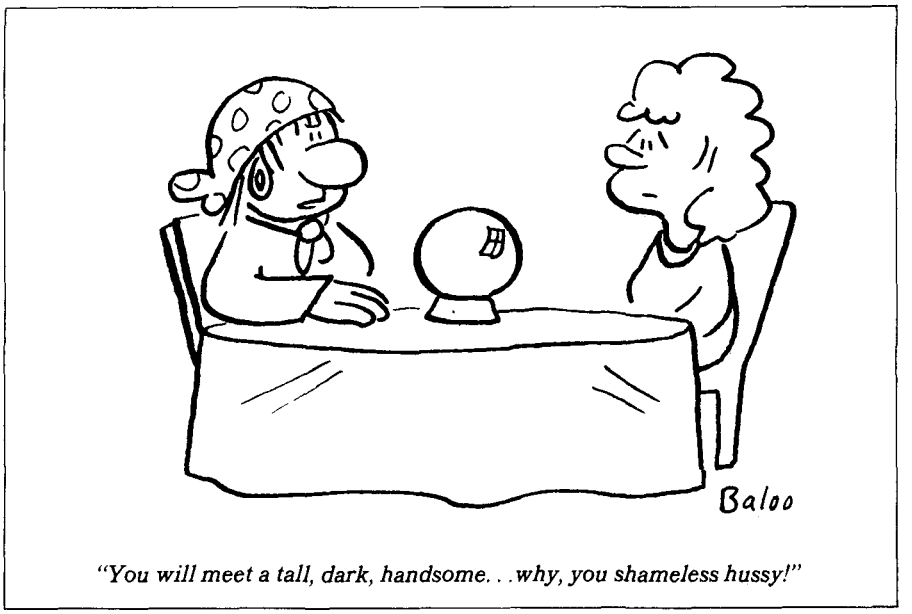
—Dorothea Kent

Name Dropper

A man had been pulled over to the curb for speeding. The police officer, pad in hand, snapped, "Okay, what's your name?"

"Vladimarsky Yubanowitz Merkowitskyavies," the driver replied.

"Well," said the policeman slow-



"You will meet a tall, dark, handsome. . .why, you shameless hussy!"

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ly as he pocketed his pad, "don't let me catch you speeding again!"

—Mrs. C.B. Williams

Suit-able Remark

When a Chapel Hill, North Carolina, woman appeared for her first fitness class, she was told, "We thought you were aware you should wear some loose clothes."

She replied, "If I had any clothes that were loose on me, I wouldn't have enrolled."

—Billy Arthur

Side Line

Foreman: "Did you write 'Fragile—This side up' on the carton before shipping it out?"

Newly hired clerk: "Yes, sir. And to be certain everyone notices it, I carefully marked it on all sides of the box."

—M.M. Savoie

Rein-car-nation

Metal's recycled for use again.
Here's proof that this is so:
My new car runs just like the one
That I junked years ago.

—Hans Mueller

Heinrich Schnibble and the Antique Collector

"Ach! Ein gestoppen stranger. Insiden gecomen!"

"Why, thank you, but really, I just——"

"Offtooken der coaten mit sitten besiden das heater. Meinself ben sooner upfixen der——"

"But, sir, I don't want to inconvenience you. My name is Boddley and ——"

"Ich ben Heinrich Schnibble."

"Pleased to meet you, Mr. Schnibble. Pardon me for barging in like this, but——"

"Ach! Mit der gestoppen strangers gecomen und needen der helpen, mein door ben open-geflungen!"

"But, Mr. Schnibble, I don't need any help. I happen to be a collector of old furniture and——"

"Ein junker mit tooken der uppen-gebrokers?"

"Oh, no, of course not. I'm a dealer in antiques—you know, rare old pieces."

"Mitout scratchen gemarken?"

"Why, yes. Naturally the condition of the item would determine its value, but——"

"Supposen meinself ben outbringen der antiquers?"

"Meinself—I mean, I'd be glad to look at them."

"Mit buyen?"

"Well, now, of course I won't commit meinself, but if they meet the——"

"Mein grossfader ben bringen ein chair mit riden das floatenboaten."

"Riden das what?"

"Das floatenboaten obersailen der Atlanticker."

"Oh, of course; das floatenboaten."

"Ja. Gebringen der chair—ein Schipp und Dell."

"You have a Schipp und—a Chippendale chair?"

"Ja. Ein uglischer mit clawfooten."

"I'll take it, sight unseen, Mr. Schnibble. What else do——"

"Mein beddenstedder ben oldisch mit posters uppen-gesticken."

"Ein beddenstedder mit posters uppen—you mean a four-poster?"

"Ja. Das beddenstedder ben Soonisch Amerikanischer."

"Oh! Soonisch Amer——No, I'm afraid not. You see, I'm interested mainly in——"

"Ach! In das beddenstedder ben gesleepen——"

"I know. George Washington ben ge——"

"Nein, nein! In das beddenstedder ben gesleepen mein honkenflapper."

"Your what?"

"Mein honker mit downfluffers, und meinself ist——"

"A goose ben——"

"Ja. Und mit der downfluffers Ich ben stuffen——"

"I'm afraid I can't use it, even mit der down——"

"Und also der posters ben upholden ein roofer mit tasslers gehangen."

"Well, maybe mit tasslers——no! Meinself—I mean, Ich ben interested mainly in Donck und Phyfers."

—Dave Morrah

Dollars & Scents

I bought my wife some cheap
perfume,
But I'm sorry for what I chose;
For I find that when she wears it,
I'm still paying through the nose.

—Bill Ihlenfeldt

Applied Astrology

The young lady, applying for her first job, answered all the questions on the application form. At the bottom, where it said "Sign here," she carefully wrote, "Capricorn."

—A.H. Berzen

"This is an interesting resume, sir. But there are four years unaccounted for between your decade in the state penitentiary and your two years in the mental hospital."

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Murder

continued from page 36

hall floor. A red blanket was over her, and she was wearing her pajamas with the small red rose pattern.

"Daddy, I told you I never could get by Passover," she told him.

Nicholas knew nothing about Passover—other than that it was a Jewish feast. But his Jewish neighbors later told him that Passover celebrates Moses' instructions to the Israelites to put animal blood on their doors to protect their firstborn children from death.

Nicholas prides himself on his common sense, but he contacted a parapsychologist to ask if his daughter was in the house the night of his dream. After all, he did not know the meaning of Passover but his daughter, who had Jewish friends, probably did. The parapsychologist told him that it was possible.

"Even now," Nicholas says, "I think it's possible that she did come back."

Two weeks after the murder, Jeannette returned to school and her father returned to work. But Sugi rarely left the house for 10 months. She spent her days sitting in a chair in the living room, watching the ceiling, thinking of Annette growing up and of the murder.

The parents felt guilty, as though they somehow could have prevented Annette's death. They blamed each other and they blamed themselves—something they do to this day.

"I shouldn't have chosen that apartment," Nicholas told his wife. "You should have been paying more attention to her."

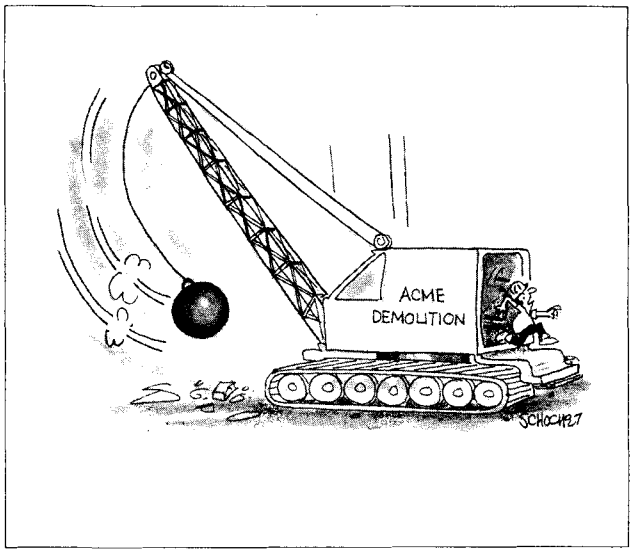
Against the backdrop of previous arguments with Sugi over in-laws, Jeannette says those words meant: If you had been spending less time with your mother and sisters and more time with Annette, she might be alive today.

Sugi stopped seeing her mother and sisters, who had come to this country from Taiwan. She has not seen them since the murder. "I know they can take care of themselves," she says, tears rolling down her cheeks.

Nicholas also believes that Sugi blamed him for choosing Annette's apartment, although she did not say so. "After you live with a person so long, you can tell," he says.

Nicholas blamed himself, even in his sleep. "I would literally jump out of bed," he says. "I would think, 'Why did I do that? If I did this, it would be different. If I did that, it would be different.' And then I couldn't sleep all night."

Even today he blames himself for not letting Annette go to college in California, as she had wanted; for not making her live at home and commute to college; for not choosing one of the other apartments he and Annette had inspected.



Soon after the murder, Nicholas and Sugi stopped talking and eating together—a condition that still exists, with some exceptions. When it was necessary to communicate, each talked to Jeannette, who in turn talked to the other. "Ask your mother if she wants to distribute fliers seeking information on the killer in the shopping center," Nicholas would say to Jeannette.

Neither father nor mother talked of Annette's death to their daughter. "She had her own pain," says Sugi.

Jeannette tried not to think of the murder—and often succeeded. Unlike her parents, she realized she could have done nothing to prevent it. She nevertheless felt guilty that she had not kept in touch with Annette after she went to college.

While Sugi Nee responded to her grief by doing nothing, Nicholas Nee coped with his through constant activity. About five weeks after the murder he began working eight hours each night in their restaurant as well as his usual eight hours a day as a translator. He maintains that schedule to this day to keep from dwelling on the murder.

For two years, Nicholas spent his free days, his lunch hours and several hours after midnight each morning investigating his daughter's murder. He would return home around 3 a.m., collapse into bed, sleep four hours and go to work.

At first, police had no suspects. So Nicholas wrote letters to all of Annette's friends and acquaintances: Did they know of anything in her past that could be connected with the murder? He attended her classes to meet more of her friends—and ask more questions.

Although Nicholas and Sugi rarely spoke, they retraced again and again their daughter's steps on the Tuesday she was killed.

Every Tuesday during December 1976, and on some Tuesdays for months afterwards, Sugi left Annette's apartment at 9:05 a.m., dressed in a plaid flannel shirt and dark blue corduroy pants—clothes identical to those Annette had worn her last day. With her husband following, Sugi left the Oglethorpe Street apartment building, got into Annette's Pontiac station wagon and drove the mile to the university parking lot.

Sugi walked to Annette's classes: The 9:30 a.m. chemical engineering class in the Chemical and Nuclear Engineering Building. The 11 a.m. math class two blocks away in the Glenn R. Martin Building. During the classes, she waited in the hallway. Nicholas followed, watching for suspicious characters and timing her movements with a stopwatch.

After math, Sugi left the university and drove to the Equitable Trust Bank, where she waited in line and cashed a $40 check, just as Annette had done. At Gino's, Sugi bought a Coke and chicken special to go. Between 12:45 and 12:55, the Nees arrived back at Annette's

continued on page 89

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STEFANIE POWERS: HART AND SOUL

The beautiful costar of TV's hit series "Hart to Hart" finds life is fun at 40, but there's "simply no time" for romance.

by David Wallace

Stefanie Powers is, today, one of the most popular stars on television, which automatically translates into her being one of the best-known personalities in America. At 40, fame has been a long time coming for the costar of ABC's "Hart to Hart"—23 years in fact.

"I think it's a wonderful thing to be recognized after spending so many years working," Stefanie smiles. "It gives you the confidence that you weren't so wrong. It not only heals the hurt, it kisses the spot and makes it okay."

If fame like Stefanie's is rare, so, too, in a smaller way, is her background. She is one of the very few Hollywood stars who was actually born there. Born Stefanie Paul, of Polish-Jewish descent, on November 2, 1942, she spent some of her early childhood in England but had, otherwise, a pretty typical Hollywood childhood for the time, with its obligatory ballet classes and horseback riding. It is a comment on the insularity of the film community that, when Stefanie was eight, she was attending the Panaieff Ballet Center, where classmates included Natalie Wood—the future wife of "Hart to Hart" costar Robert Wagner—and Jill St. John, who has been linked romantically with Wagner since Wood's tragic death a year ago.

By then, she also had a nickname—Taffy. She laughs, "My brother Jeff [three and one-half years older] named me. He loved the radio serial 'Terry and the Pirates,' and there was a character on the show, a nurse, named Taffy Tucker. When I was little, I had freckles and bright red hair, and I guess Taffy Tucker did, too. Anyway, he started calling me Taffy."

Her film career began while she was attending school at Hollywood High and was cast in a dancing role in the movie version of *West Side Story*. "I got the job at 15 and was fired after three months of rehearsals," she recalls. "They found out I was under age." She graduated from Hollywood High (where she loved science courses and was on the drill team) in 1960.

Soon afterward, she landed a small role in Universal's film *Tammy Tell Me True* and leapt to a much larger role, playing Lee Remick's sister in Blake Edwards' *Experiment in Terror*. Her work in this Columbia film led to a contract with the studio, where she starred in such movies as *The Interns, Die, Die My Darling, McClintock, Escape to Athena* and *Stagecoach*. She remembers, "I made 15 motion pictures in five years at Columbia, but toward the end, I wasn't getting that much work, and I was restricted from doing television through my contract. When I was offered the starring role in NBC's 'The Girl from U.N.C.L.E.,' it seemed the best offer at the time. I bought out the remaining two years of my contract and did the series."

Coming on top of the great success of "The Man from U.N.C.L.E.," it must have seemed like an incredible opportunity, but neither it nor Stefanie's second television series a decade later, "The Feather and Father Gang," did much for her career.

"Hart to Hart," now starting its fourth season, changed all of that. Perhaps the show could best be described as a "light-hearted adventure-comedy" limning the exploits of Jonathan and Jennifer Hart, a married couple with millions to spare but who most enjoy solving crimes. What seems to be most appealing about the show, according to viewer polls, is the chemistry between Wagner and Stefanie, both of whom play thoroughly likable people. They have been friends since Stefanie did a guest spot on Wagner's old series, "It Takes a Thief," and the friendship between the two comes across on the show.

The show, based on an idea by novelist Sidney Sheldon, was transformed into its present form through the efforts of director Tom Mankiewicz, who is credited on the show as "executive creative consultant." She recalls, "Tom turned 'Hart to Hart' into what it is. There was only one person in his mind who could be Jonathan Hart—R.J. [Wagner's nickname]. Then, sometime after getting his agreement to do the role, they started to look for the person to be his costar. The network didn't want me at all. R.J. and Tom insisted and took a very firm stand. I'm sure if they hadn't I wouldn't have been on the show at all."

Wagner agrees, "That's absolutely true. I always believed that she would be perfect as Jennifer, and she was. We've been together on the show a long time now and worked a lot together. I enjoy seeing her every day. She's a consummate professional."

Recalling the sorrow of the past year, Wagner adds, "I have the greatest respect for her. She's been absolutely wonderful to me."

In 1967, Stefanie married actor Gary Lockwood, and as "The Girl from U.N.C.L.E." had been can-

On the African ranch of William Holden, her companion of nine years, Stefanie is fulfilling the late actor's dream to further wildlife education.

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celled, she joined him in Spain where he was making a movie. While living there for a year, she developed her present passion for travel and learning about new things. The marriage to Lockwood ended in 1969.

In 1972, at a tennis tournament at the La Costa resort near San Diego (where she still spends weekends from time to time), Stefanie met William Holden, 25 years her senior. The relationship blossomed after they met again some months later in a Beverly Hills bookstore, and in 1973, she traveled to Hong Kong with him. The following year, she accompanied him on the first of her eight trips to Africa.

There is no question that Africa dominated the last year and a half of Holden's life. There is little question, either, that for the nine years remaining to him after meeting Stefanie, she was the most important part of that life. William Holden died in November 1981, from injuries suffered in a fall in his home.

In his will, he left $250,000 to Stefanie, which she is using to bring his dream of a wildlife education center to reality. The William Holden Wildlife Foundation was founded to "carry on the ideas Bill distilled down during all of the time he spent in Africa," Stefanie explains. "Essentially it involves the establishment of a wildlife education center in Kenya, and its aim is, through enlightenment, to properly manage wildlife so it can cohabit with humans." The point is that, since the humans encroaching on wildlife aren't going to go away, the only possibility for the survival of wildlife is to work out a *modus vivendi* between men and animals.

The center is located on 15 acres of land donated from Holden's 1,256-acre Mount Kenya Game Ranch, 125 miles from Nairobi. Among its facilities is an overnight youth hostel. The game park itself maintains breeding herds for animals sold to zoos around the world, has reintroduced near-extinct species into the wild and, through its translocation project, has quite successfully moved entire herds of animals from areas where human pressure was becoming too great for survival.

Stefanie is one of the directors of the William Holden Wildlife Foundation, which is headquartered in Los Angeles. She smiles, somewhat ruefully, as she reflects, "Bill and I collected lots of art together, particularly Southeast Asian sculpture. In the light of building the foundation, my collecting days are curtailed for a while." After the Kenyan facility is fully funded and established, there are plans to establish a similar operation in the United States, but that is well in the future.

Since Holden's death, Stefanie has been linked romantically (and inaccurately) with a number of people. The fact is, there is simply no time in her life for romance. Unlike a show such as "Dynasty," where there are a number of characters who don't have to work every day, "Hart to Hart" *is* Robert Wagner, Stefanie Powers and Lionel Stander (who plays Max).

While the show is filming, she works all of the time, and that means frequently getting up at five in the morning to meet a 6:30 call and getting home at nine or ten o'clock at night. Stefanie adds, "It's very different working on television when you're a woman. For example, you're required to be at the set or location one hour before the men for makeup. And, as a woman, you have to get plenty of rest, because fatigue may be acceptable in a man's face, but it's certainly not acceptable in a woman's.

"This life and its demands make it quite nearly impossible to have a relationship with anyone. In order to have a relationship, a requirement is that you be *with* the person, and there is simply no time. This is my choice, and we are all living our choices."

And Stefanie makes some interesting choices, too. Travel is very important for her. She notes, "I don't travel frivolously. Travel is an avocation, a way of life for me. When I travel, it's like a school course." And travel she does. During the three months shooting hiatus for the show this year, she visited Hong Kong twice (she owns an apartment there), Africa, Italy and China, where she had a chance to improve her proficiency in Mandarin. She already is fluent in French, Italian, Spanish and Polish.

Probably the most interesting choice, however, is her selection of a most non-Hollywood-like lifestyle. Despite a weekly income in the mid-five figures, not for her is the flashy, high-visibility star facade, with its gigantic homes, Rolls-Royces and

For costars Robert Wagner, Stefanie Powers and Lionel Stander, everything is coming up roses—not only in their hit series "Hart to Hart," but also in Columbia Studio's garden of 80,000 Jennifer Hart rosebushes.

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endless parties. True, she owns two homes—one in Malibu and a more formal one in Beverly Hills, but both are comparatively modest by filmdom's standards. She drives not a Rolls, but a four-wheel-drive Chevy Blazer.

Free time, when there is any, is usually devoted to her three horses, stabled at the Malibu house. "I love taking care of them," she says happily. "I have an Andalusian named Don Legaro and two Arabians, Kidogo and Citona. Citona I own in joint tenancy with Tom Mankiewicz, and she is in foal right now."

A major and obviously painful choice made in deference to a career's demands is the one not to have a child, at least for the present. She says, "It would be totally unfair to have a child or children, totally unfair to them with my life as it is right now. But I do wish I had one."

In partial compensation is a "sort of adopted little brother" in Italy named Silvano Rampucci, now 28 years old. "He was in a home for abandoned children I visited in Italy when I was 18 years old," she recalls. "I just fell in love with him. I wasn't making any money then, but I helped all I could. Then, when it was possible for me to bring him over to the United States, he was too old for the immigration quota system." Eventually, however, Rampucci, today a salesman in Ostia, the ancient port of Rome, came and lived with his benefactress for several years, and they remain close.

To be voted TV's favorite actress after three years in "Hart to Hart" wasn't enough for Stefanie Powers. She also had to star as an infielder in a charity baseball game for—who else?—the American Heart Association.

On Stefanie's 40th birthday, Wagner and Mankiewicz gave her a surprise party, and it really was a surprise. "R.J. and Tom got together and orchestrated the whole thing," she says with delight.

"R.J. did the best acting he's ever done. His mother's birthday is the following day, so it made sense when he suggested we go have a drink with her. I couldn't understand why he seemed to be stalling and stalling. When we drove up to my Beverly Hills home, I guess I should have gotten a clue from all of the cars parked around, but it was election day, so I guess I figured they were all voters, as there was a polling place at my next-door neighbor's house. I walked in my house, and 40 dear friends shouted 'surprise!' "

To be one of those "dear friends" of Stefanie's obviously requires more than a little give-and-take, as it does with most celebrities. For one thing, you respect the star's privacy and simply don't talk about him or her. Then, too, one has to have an understanding of the realities of working in Hollywood, where one day you can be out of work and available to be with your friends all the time—at least when you're not job hunting—and the next day be off on a job that may take you away for months. "Most friendships here have one quality," Stefanie explains, "almost an unwritten law that friendships pick up exactly where they left off. It seems to be the sustaining quality of the friendship."

Whether buttressed by friends or not, turning 40 seemingly held none of the terror for Stefanie that it does for many women. As a matter of fact, she is nearly vehement on the subject. "Forty is a milestone in other people's lives," she exclaims,

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THE FAITH OF ABE LINCOLN

A cloud of mystery surrounds the religious beliefs of Abraham Lincoln—one of our nation's most God-fearing presidents—who never joined a church.

by John C. McCollister

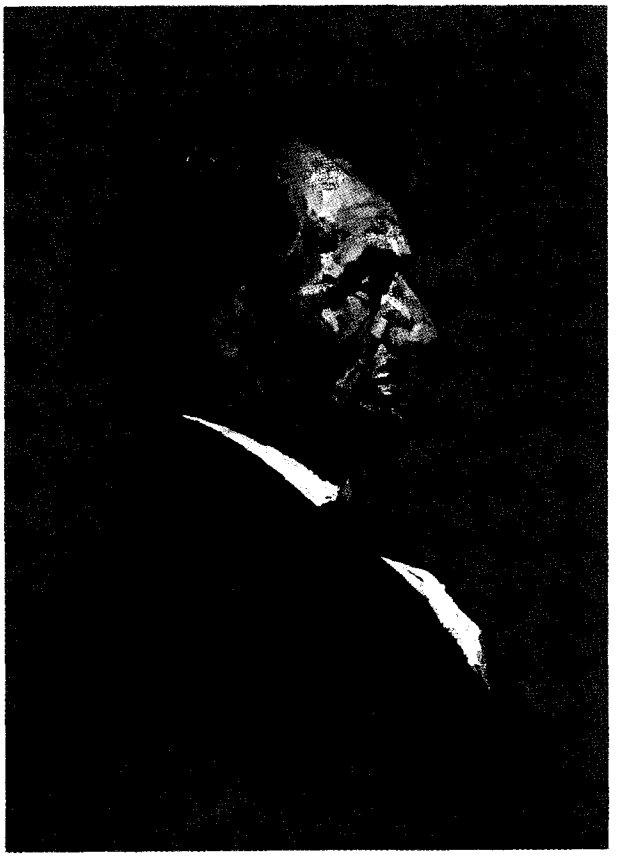
He was all things to all men. To the slave, he was the "Messiah"; to the press, he was the "Rail-splitter"; to the North, he was the "Preserver of the Union"; to the South, he was the "Compassionate Victor."

To the Christian, he could well have been the "Champion of the Faith," except for one thing. Abraham Lincoln never joined a church.

"Nonsense," we say to ourselves. "Mr. Lincoln was one of our most God-fearing Americans."

But an honest search of the records reveals this is true. Consequently, a few scholars are bold enough to ask: "Was Abraham Lincoln, then, a Christian?"

Their question is not new. It was raised even when "Honest Abe" was beginning to test the political waters. As a young attorney in New Salem, Illinois, Lincoln earned a reputation in the community as an outspoken nonbeliever.



To sustain his courage during the Civil War, Lincoln confessed, "I have been driven many times to my knees by the overwhelming conviction I had nowhere else to go."

Historian Michael Medved wrote that Lincoln digested the writings of Thomas Paine, an established agnostic, and enjoyed arguing, in private, with friends against some church practices.

Publicly, however, Lincoln avoided the issue whenever possible. "Religion," he said on many occasions, "is a private affair between a man and his God." Nonetheless, during the 1864 congressional campaign, he was compelled to meet the issue head-on. His opponent—Peter Cartwright, a well-known Methodist circuit rider—openly charged Lincoln as an atheist and an enemy of the organized church.

"That I am not a member of any Christian church is true," Lincoln confessed, "but I have never denied the truth of the Scriptures, and I have never spoken with intentional disrespect of religion in general or of any denomination of Christians in particular."

Lincoln won the election by a landslide, even though his answer didn't satisfy everyone—especially the local clergy.

Already, a cloud of mystery enveloped Lincoln's attitude toward the church and the Christian faith. In short, he was a spiritual enigma.

Abraham Lincoln's most important political victory came 14 years later when he climbed the steps on the east side of the U.S. Capitol, placed his left hand on a Bible and swore to "faithfully execute the office of the President of the United States." He entered the White House with the challenge to direct the course of a nation not yet 100 years old that was about to war with itself.

The poet Goethe may have had someone like Lincoln in mind when he wrote: "God contrives to send during critical moments in history great genius to solve great problems." Part of Lincoln's genius is reflected in his willingness to shun certain things—including a perceived endorsement of one denomination over another—that might further divide the country.

Although he remained unwilling to lend his name to the membership rolls of a particular congregation of Christians, Lincoln showed respect for the organized church during some of the more important stages of his career. For instance, he recited his marriage vows to Miss Mary Todd before an Episcopal priest, and he chose to attend a special service of worship conducted at St. John Episcopal Church in Washington, D.C., on the day prior

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Dr. John McCollister is a university professor in Daytona Beach, Florida. He is the author of So Help Me God—*on the faith of America's presidents (Landmark)—and was the principal speaker for the official 1982 Lincoln Day Observance in Washington, D.C.*

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to his first inauguration.

Lincoln's personal preference for the Presbyterian Church was evidenced when he rented a pew (a custom of that era) in Washington's New York Avenue Presbyterian Church, where he regularly attended worship on Sunday mornings.

On several occasions, writes church historian Frank Edgington, the President attended midweek prayer meetings at this church. In order not to disturb the other worshipers, Lincoln often secretly entered through the back door of the building, sat on a settee in the office of the pastor, Dr. Phineas Gurley, and, with the door of the church ajar, listened to the readings from the Holy Bible and prayed with the people.

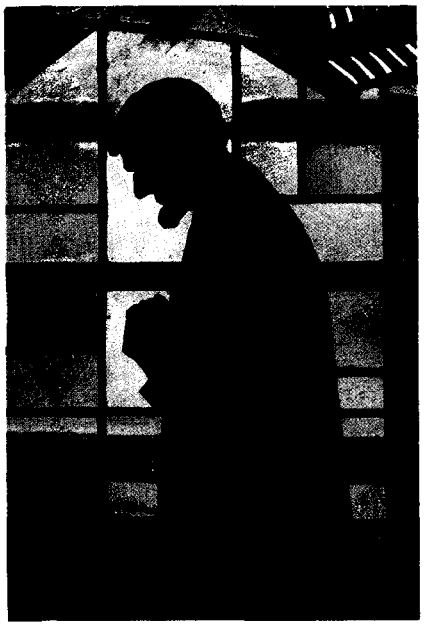
Abraham Lincoln openly spoke about his dependence upon help from Almighty God. In February 1861, for example, as he was about to leave for Washington and begin his first term as president, he stood on the rear platform of the Great Western Railroad train and spoke heart-to-heart with his close friends and neighbors of Springfield, Illinois:

"I now leave, not knowing when or whether ever I may return, with a task before me greater than that which rested upon [George] Washington. Without the assistance of that Divine Being who ever attended him, I cannot succeed. With that assistance, I cannot fail. Trusting in Him, let us confidently hope that all will yet be well. To His care commending you, I hope in your prayers you will commend me. I bid you an affectionate farewell."

Roosevelt on Lincoln

"If ever there lived a president who, during his term of service, needed all the consolation and the strength that he could draw from the Unseen Power above him, it was President Lincoln—sad, patient, mighty Lincoln, who worked and suffered for the people and, when he lived for them at good end, gave up his life. If there ever was a man who practically applied what was taught in our churches, it was Abraham Lincoln."

—*Theodore Roosevelt,* 1903



A window in the New York Avenue Presbyterian Church, Washington, D.C., shows Abraham Lincoln alone standing for prayer to *his* commander in chief.

The horrors of the Civil War mounted during the troubled years that followed, and they gnawed away at his very being. Abraham Lincoln, nonetheless, sustained his courage through prayer.

A fact well documented in the records of the New York Avenue Presbyterian Church is that before an important battle or at the news of some crisis, whether day or night, the President sent his carriage for his pastor, Dr. Gurley, to come to the White House. There the two of them spent hours in prayer asking for the Lord's guidance.

Lincoln later commented: "I have been driven many times to my knees in prayer by the overwhelming conviction that I had nowhere else to go. My wisdom and all that about me seemed insufficient for the day."

Kneeling in private prayer was not uncommon for Abraham Lincoln, but his posture was strikingly different at public worship. Normally, Presbyterians of that day sat in their pews for prayer during Sunday morning services. Lincoln, however, stood while praying. His angular, ungainly six-foot, four-inch frame created an awkward contrast, while those around him sat, bowing their heads.

After one particular worship service, a curious parishioner galvanized her gumption and asked him about his unusual posture during prayer. The President explained: "When my generals visit the White House, they stand when their commander in chief enters the Oval Office. Isn't it proper, then, that I stand for *my* commander in chief?"

Lincoln's pragmatic theology maintained his perspective, such as the time when one devout Christian expressed hope that "the Lord would be on our side." The President retorted: "I am not concerned about that, for I know that the Lord is *always* on the side of the *right*. But it is my constant anxiety and prayer that I and the nation should be on the *Lord's* side."

President Lincoln uttered countless statements that would please even the most conservative theologian. At the same time, he was not above "experimenting" with religion.

In April 1863, we learn, probably in order to appease his wife who was "into" such things, Lincoln hosted a spiritual seance in the Red Room of the White House. The medium, through incoherent tongues, purported to reveal secrets "from beyond." According to Michael Medved, Lincoln treated the whole business lightly, observing that the strange language "sounded very much like the babbling of my cabinet."

Lincoln's faith, like other dimensions of his being, is a mystery that is further complicated by the myth that has been built around him and has imprisoned the real man with his strengths and weaknesses. Consequently, Americans have been robbed of the opportunity to know the rich human side of this man who shaped the future of the Union.

For reasons known only to them, certain people who obviously were not satisfied with the facts attempted to mold Abraham Lincoln into something he wasn't.

As a prime example, a few days following the President's premature, violent death, two respected clergymen of Springfield, Illinois, testified that Lincoln had made a special trip from Washington to Springfield, where he was baptized at night in the flowing waters of a river. White House records and the

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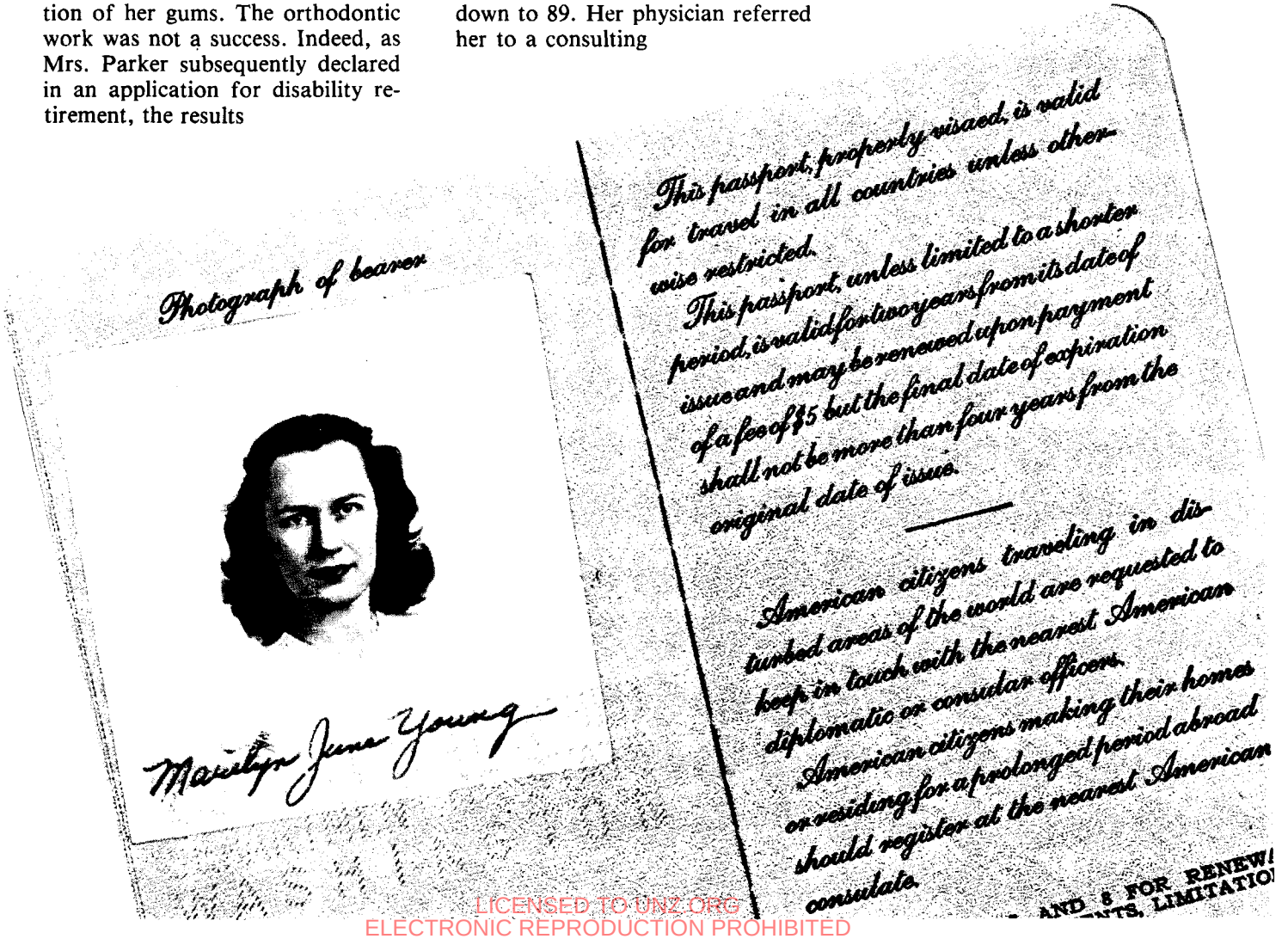
A SHOCKING EXPERIENCE

A patient bares the positive and negative results of electroshock therapy for the treatment of her depression.

by Berton Roueché

Natalie Parker, as I'll call her, is an attractive woman of medium height, with large gray eyes and light gray hair, but thin—still painfully thin. She is in her early 50s and is an economist by profession. Her husband, Alan, is an artist and illustrator. The Parkers live in Washington, in an apartment on J Street that also includes Mr. Parker's studio. They have no children. Until September of 1973, when she retired for reasons of health, Mrs. Parker was employed—and had been for more than 20 years—at the Department of Commerce. Her work there involved certain aspects of the computation and analysis of the gross national product.

The misfortunes that led to Mrs. Parker's premature retirement began in the spring of 1972, when she learned from her dentist that she had a serious gum problem. He referred her to a periodontist of his acquaintance. In June, the periodontist, after a long and interested examination, referred her to an orthodontist for the realignment of several teeth affected by the condition of her gums. The orthodontic work was not a success. Indeed, as Mrs. Parker subsequently declared in an application for disability retirement, the results were both mechanically and cosmetically "disastrous." They were emotionally daunting. As the summer passed and autumn came on, she began to despair and fell into a deep depression. She seemed to be tired all day, she couldn't sleep at night, her teeth hurt, her appetite vanished. Her family physician prescribed a conventional tranquilizer. She continued to work, but with increasing difficulty. Her weight dropped from a normal 118 pounds to 110 and then to 98. By Christmas, it was down to 89. Her physician referred her to a consulting psychiatrist. The psychiatrist's prognosis was guardedly hopeful. He thought a period of rest in a relaxed environment would be a sufficient restorative. The environment he had in mind was that of a psychiatric hospital. Mrs. Parker was at first appalled. The idea was socially unacceptable. In time, however, her resistance weakened, and at last, too discouraged to care, she allowed herself to be admitted


Photograph of bearer
Marilyn June Young
This passport, properly visaed, is valid for travel in all countries unless otherwise restricted.
This passport, unless limited to a shorter period, is valid for two years from its date of issue and may be renewed upon payment of a fee of $5 but the final date of expiration shall not be more than four years from the original date of issue.
American citizens traveling in disturbed areas of the world are requested to keep in touch with the nearest American diplomatic or consular officers.
American citizens making their homes or residing for a prolonged period abroad should register at the nearest American consulate.

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for observation to a well-appointed hospital with which the psychiatrist was associated. That, according to Mr. Parker, was on February 8, 1973, and his recollection is confirmed by the hospital records. Mrs. Parker herself has no recollection of that decisive event. She has, in fact, no recollection of any part of her hospital stay. Mrs. Parker's stay in the hospital lasted about nine weeks. She was discharged around the middle of April. Nothing of that time remains in her memory but an occasional shifting shadow, a half-heard sound, an indefinable feeling. She has had to recover the nature of the experience from sources outside herself. One of these, of course, is her husband. Mr. Parker came to the hospital every day for a leisurely visit, often joining her for lunch or dinner, and he sometimes took her out for a drive or an afternoon of shopping. Another source—an almost eerily definitive source—is a series of letters that she wrote to her parents, in Boonville, Missouri, nearly all of which they fortunately preserved. The first of these letters was written on February 16, the ninth day of her hospitalization. It reads:

Well, here I find myself in a totally new experience for me, and one I never expected to have—residing in a mental hospital. This place is a nice new building. The atmosphere and decor are those of a hotel. The patients, nurse and other staff members all dress in casual clothes—no uniforms. There are two patients to a room. Most of the patients here are perfectly lucid, though some are kind of mixed up. One woman laments that she knows that she is going to live forever, whereas she would rather die. There is a cute young colored girl who worries because she thinks the Communists are taking over the world, etc. But all are perfectly harmless.

[Alan] has been coming over to have lunch and dinner with me. I am a unique patient here. Some are on drugs, some are on electric shock, some are on individual psychotherapy, and some are on group therapy. I seem to be on sort of do-it-yourself therapy—in other words a sort of rest cure. I had been assigned to the head doctor (I mean the chief doctor; I guess they are all "head doctors"), but I felt dubious about him. Also, one of the patients told me that he is noted for wanting to give all of his patients electric shock. I told him that I had the same kind of intuition about him that I had had about the orthodontist—namely: This man doesn't understand my case. I said that after being turned into a monster by the orthodontist, I didn't want to take any chances on being turned into a hopeless lunatic by him. So I lounged around for several days in nobody's charge and then was assigned to a young fellow (30-ish) named Dr. [Smith]. I told him my problem was that I have to get adjusted to life as a damned ugly woman. He said, "You certainly have a gutsy way of putting it." Actually, the name of what ails me is depression. After fighting the battle of the hopeless dental work for so many months, I was so worn down that I lost all appetite for food, work or anything else. Every little thing—even putting my clothes on—seemed as difficult as climbing Mt. Everest. I tried resting at home, and tried going back to work, but nothing got me into gear again. The medical doctor recommended that I talk to a "consulting psychiatrist," and the latter recommended that some time in the hospital—change of environment and no need to push myself—might get me going again. So here I am. I look at it philosophically, and when I get out I will tell people that it is "mod" to be "mad."

Don't worry about my being out of my head. It is not like that at all. I pulled myself together a few days before I came here and made out all the income-tax forms—federal and D.C. and estimated tax. I didn't want to leave poor [Alan] with that job because I have always done the household paperwork and he wouldn't know how.

The next letter in the series was written about a week later, on February 25. It reads:

I continue taking it easy here—something like living in a college dorm. My main pals seem to be the girls in their 20s. Perhaps the teeth braces automatically identify me with the younger group. I had thought that I might get to tell all my dreams and interesting life experiences. But instead I get a diet supplement and a laxative pill. There is quite a lot of humor around here of the type [Alan] calls gallow humor. One little girl is determined to commit suicide but can't figure out any way to do it here. I offered to save up a hundred laxative pills for her. She got the giggles. My case has been so mixed up that they only got around to giving me my entry exam a couple of days ago—two weeks after I had come here. Apparently I am okay except for being weak and run-down. A nurse was doing something at her desk with rubber bands, and I told her in case I got violent, she could use one of those to restrain me.

A following letter in the series, written early in March, appears to have been lost. The next, and penultimate, letter is dated April 5. It reads:

I certainly am in a strange state. Early last week I suddenly came to—so to speak—and wondered where I was and how I got here. I learned that I had had something called "electric-shock treatments" that had caused me to lose my memory. Now I know how Eve must have felt, having been created full grown out of somebody's rib without any past history. I feel as empty as Eve.

I can remember a few things. I know my phone number and who my relatives are. However, the letters from you all that I found in my dresser were completely new to me. I reread them without any recollection of having read them before. There were a number of get-well cards, and some were from names I didn't recognize. There were a couple from a [Margaret Davis], who [Alan] says lives on our floor, but I don't remember her. Also some from people in the office whose names sound familiar but whom I couldn't visualize.

A cute-looking young fellow with a turned-up nose came in to see me and was asking how I felt. I told him I felt all right except that I couldn't remember much of anything. I

Since author Roueché told the unhappy tale of Natalie, the real-life shock-therapy patient, Marilyn Rice (formerly Marilyn June Young), has made public both her story and her true identity.

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Since her ordeal with shock therapy, Marilyn Rice of Arlington, Virginia, has spoken out against those who soft-pedal electroshock's harmful effects.

asked him who he was and he said he was my doctor. Then I asked what kind of doctor he was. He looked surprised, and said he was a psychiatrist. I said: "A psychiatrist! Then I must be crazy." He said: "Oh, no, no!" However, I presume I must be off balance to some extent or I wouldn't be in what turns out to be a mental institution.

Actually, the so-called patients here all seem to be in command of their wits except for one—namely, the woman who has been my roommate for the past couple of days. She is a nice-looking woman and about my age, but she talks a blue streak, pure nonsense—on and on about the Pope and sex and euthanasia and syphilis and strangers' toothbrushes and God knows what all.

This morning I went to the orthodontist and this afternoon I have an appointment with the periodontist, Dr. [Brown]. [Alan] has kept track of my appointments—otherwise I wouldn't know about them. Oddly, I can remember Dr. [Brown's] attractive red-and-black waiting room, but I can't remember him—don't know whether he is young or old, short or tall. I haven't the slightest idea what kind of dental work he is doing to me.

Mrs. Parker wrote her final hos-

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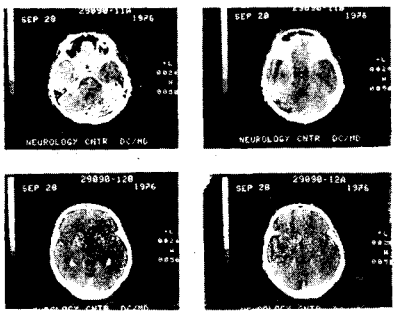
The Case Against Electroshock Therapy

After electric-shock treatment for depression, all of her beloved knowledge was gone. She had lost her experience, her knowing. Worse than that, she felt she had lost herself.

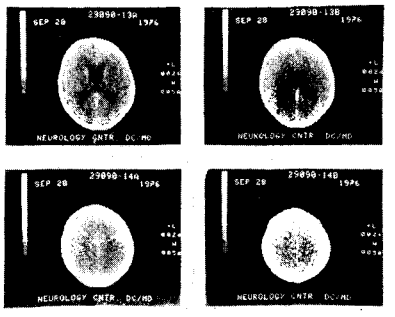
It has been nearly ten years since Marilyn Rice, "Natalie," entered the condition of emptiness in which Berton Roueché's story leaves her. Because we wondered how she was and hoped she might have become better, we decided to find out

The friendly, alert woman who answered our phone call was anxious to tell us about herself. As she spoke, it was hard to believe that her life's endeavor, an extensive research effort to bring to light the truth about shock treatment, could have been carried out without a dependable and far-scanning memory. But, she said, it was so. Marilyn, a scholar all her life, is still able to learn. But what intact minds retain for years, her memory-damaged one loses in weeks. Her solution to this dilemma is note-taking and cross-referencing, a "file-cabinet, notebook" mem-

Marilyn, before a dental procedure left her looking like a gargoyle, so she could barely get her tongue back inside her mouth.



In testimony before the New York State Committee on Mental Health, Marilyn presented her CAT scans as evidence of brain damage.



According to radiologist Robert Grimm, the skull area shows a brain shrinkage three times normal for a 53-year-old—a 90-year-old brain.

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ory, mothered by necessity.

Marilyn insists that emphasis must be placed on the memory loss that she says shock treatment always creates. It is greater in some, less in others. Her research has convinced her that all shock-therapy patients have "retrograde" loss—that is, for events immediately before shock treatment—and that many, especially older patients, also have "anterograde" loss, which causes them to be unable to collect, retain and call forth for future use things perceived after shock treatment. For some bright people, such as Marilyn, the loss of this type of recall means that they are locked out of the storehouses of past memory and cannot fill a storehouse of references for the future because, in fact, there is no such storehouse available. It is gone for good.

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Electrodes are placed for shock therapy (center). Ted Chabasinski (above), 44-year-old day-care worker and activist for mental patients' rights, is another avid electroshock-therapy opponent. His ballot initiative this fall succeeded in banning shock therapy in Berkeley, California, in a 62-38 referendum. The ballot makes shock a misdemeanor, punishable by a $500 fine or up to six months in jail. Chabasinski received shock therapy at Bellevue Hospital, New York, at age six as one of 300 subjects in a study of children of schizophrenics.

Electroshock Therapy Questionnaire

1. Do you know anyone who has had electroshock therapy?
   Yes _____ No _____
2. Did this person have a permanent loss of memory for any period preceding the treatment? Yes _____ No _____
   If yes, how long? 1 day _____ 1 week _____ 1 month _____
   6 months _____ 1 year _____ 3 years _____
3. If the memory loss was temporary, how long did it last?
   1 day _____ 1 week _____ 1 month _____ 6 months _____
   1 year _____ 3 years _____
4. Was this treatment effective in alleviating this person's depression?
   Yes _____ No _____
   If yes, how soon did the depression lift?
   1 day _____ 1 week _____ 1 month _____
5. How many treatments did the person receive? _____
6. How long ago were these treatments given? _____
7. Was there more than one episode of depression?
   Yes _____ No _____
8. If more than one episode, how many? _____
9. Would this individual undergo the treatment again if depression recurred? Yes _____ No _____
10. Did this person have any other loss in the ability to recollect?
    Yes _____ No _____
11. Was this person's ability to learn or understand affected in any other way? Yes _____ No _____
    If yes, how? _____
12. Have you ever had electroshock therapy? Yes _____ No _____
13. Did you have a permanent loss of memory for any period preceding the treatment? Yes _____ No _____
    If yes, how long? 1 day _____ 1 week _____ 1 month _____
    6 months _____ 1 year _____ 3 years _____
14. If the memory loss was temporary, how long did it last?
    1 day _____ 1 week _____ 1 month _____ 6 months _____
    1 year _____ 3 years _____
15. Was this treatment effective in alleviating your depression?
    Yes _____ No _____
    If yes, how soon did the depression lift? 1 day _____ 1 week _____
    1 month _____ 6 months _____ 1 year _____ 3 years _____
16. How many treatments did you receive? _____
17. How long ago were these treatments given? _____
18. Was there more than one episode of depression?
    Yes _____ No _____
19. If more than one episode, how many? _____
20. Would you undergo this treatment again if depression recurred?
    Yes _____ No _____
21. Did you have any other loss in the ability to recollect?
    Yes _____ No _____
22. Was your ability to learn or understand affected in any other way?
    Yes _____ No _____
    If yes, how? _____
23. Before receiving electroshock therapy, were you informed of the possibility/probability of residual memory loss? Yes _____ No _____

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THE QUAKERS: MOVERS AND SHAKERS

In the fields of education, politics, science and business, never have so few achieved so much as the Society of Friends.

by Landrum R. Bolling

For a small sect—which remains vigorous but never seems to grow—the Society of Friends continues to exert an influence in American society and in world affairs out of all proportion to its numbers. In education, politics, science and business, Quakers have made noteworthy achievements, decade after decade, beyond anything that, on a statistical basis, could have been expected to come from a group never more than about 150,000 strong nationwide. (There are almost that many Southern Baptists in Atlanta!)

Two Quaker presidents have occupied the White House during the past half century: Herbert Hoover and Richard Nixon. Both represented staunchly conservative Republican views and were often at odds with the more liberal Quaker constituencies. (A highly individualistic group, with no central hierarchy or fixed creed, Quakers range all over the map both theologically and politically.) The Quaker U.S. Sen. Paul Douglas, in contrast to Hoover and Nixon, was a liberal New Deal Democrat from Illinois, a colorful economist who long served on the faculty of the University of Chicago.

All three grew into mavericks, as far as traditional Quakerism is concerned, and none of them was a pacifist. (Approximately half of the draft-age Quaker men in World Wars I and II were.) Richard Nixon was an officer in the Navy in World War II. Paul Douglas, at age 50, enlisted in the Marine Corps as a private, rose to become a decorated, wounded officer who served with bravery in the South Pacific. All three developed strong international interests, and each in his own way worked hard to translate into public policy shared concerns to strengthen America's role in world affairs, to aid the needy around the globe and to advance the cause of international peace. Different as they all were, all three claimed that their Quaker background had been at the root of their international concerns.

Herbert Hoover, a highly successful mining engineer with global interests, made a substantial fortune in the early years of his career. However, his world prominence came in the early part of World War I, when he was drafted to organize relief assistance for the Belgians, whose country had been overrun by the German armies and whose coast had been blockaded by the British. Hoover's record in "feeding the starving Belgians" led to his being asked to head up later programs of assistance to other war victims, including, in time, the Germans and the Russians.

It was during that same wartime chaos that the American Friends Service Committee came into existence to help carry out feeding and reconstruction projects in France, Germany and the Soviet Union. That international humanitarian service role, which the AFSC continued in various parts of the world through wars, revolutions, natural disasters and famines, won the acclaim of a Nobel Peace Prize, shared with the Friends Service Council of Britain, in 1947.

The head of the American Friends Service Committee at that time was Clarence Pickett, a remarkable Quaker leader, a one-time professor and a man who moved easily among the heads of state around the world. He had had, in his quiet way, more than a little influence with Franklin and Eleanor Roosevelt in shaping some of the social ideas of the early New Deal.

Despite the two conservative Quaker presidents, Quakers have generally worked on what many would call the liberal side of social and political questions, ahead of, or at odds with, the national mood on such issues as human rights, desegregation, immigration policy, foreign aid, draft registration, disarmament, normalization of relations with the Soviet Union and Communist China. Social-activist Quakers see themselves as carrying on a tradition that extends back many generations to Quaker campaigns to abolish slavery, to reform prisons, to improve the care of the indigent and the insane, to elevate the status

Richmond, Indiana, is home of Quaker college Earlham (below). Sen. Paul Douglas (below, right) was one of several Quaker mavericks.

Landrum Bolling's well-known support of volunteerism for the public good has its origins in his own Quaker faith. He served as president of Earlham College, which was founded by Quakers in 1847, and is presently president of The Benjamin Franklin Literary & Medical Society.

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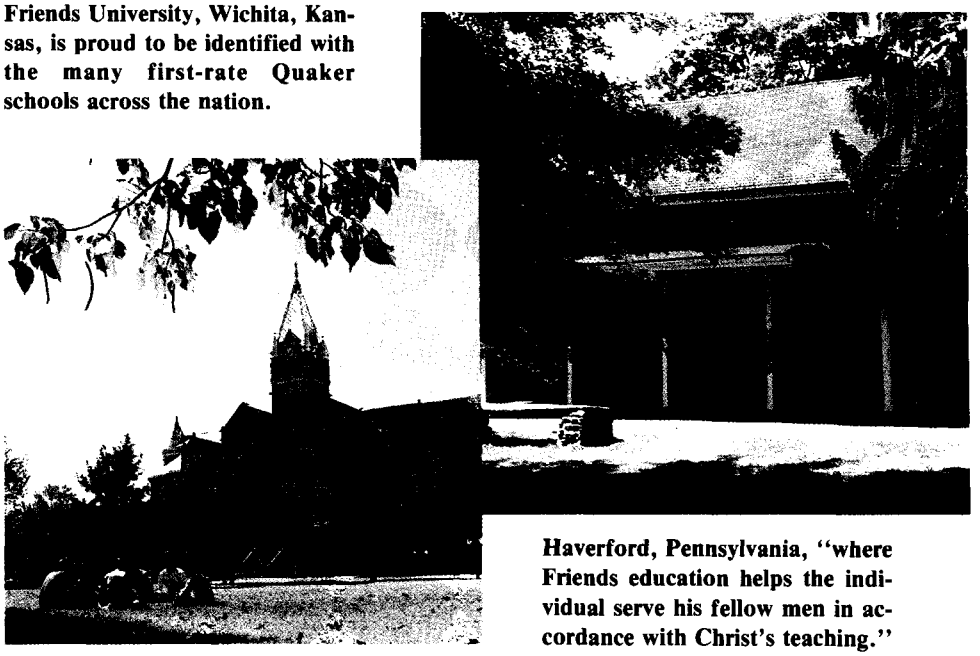
of women and to oppose wars and the bearing of arms.

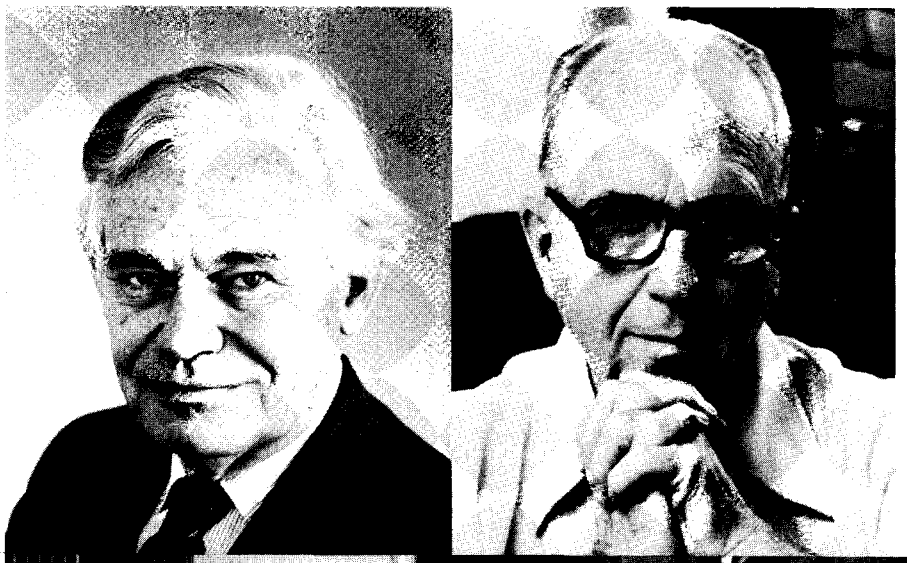
Yet both conservative and liberal Quakers have tended to be suspicious of government and to emphasize the importance of private initiatives to serve the public good. Paul McCracken, from a Quaker farm family in Iowa, has given conservative-economics advice to the last three Republican presidents and served for a time as head of the President's Council of Economic Advisers. Clifford Fardin, one-time chancellor of the University of Nebraska, was Secretary of Agriculture under Nixon; he came from a Quaker farm family in Indiana and is a vigorous champion of free enterprise. Kenneth Boulding, former president of the American Economics Association, who has taught at both Michigan and Colorado, is generally looked upon as a kind of maverick liberal but is full of wry and witty comments about the defects of government. "Often when the government tries to do good," he has said, "it winds up making things worse."

Friends University, Wichita, Kansas, is proud to be identified with the many first-rate Quaker schools across the nation.



Haverford, Pennsylvania, "where Friends education helps the individual serve his fellow men in accordance with Christ's teaching."

Landrum R. Bolling (below, left), former president of Earlham College, is now a national leader in volunteerism. The works of author James Michener (below, right) have widened the horizons of readers and viewers the world over.



For reasons never adequately explained, Quakers have long been conspicuously successful in business and in various academic pursuits, particularly the sciences. A scholarly study by a non-Quaker researcher suggested some years ago that the success of Quakers in the sciences might have something to do with the Quaker tradition of silent worship. Creative breakthroughs in the sci-

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Two Quakers have sought, successfully, high government office: Presidents Richard M. Nixon (below, right) and Herbert Hoover.

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THE PEOPLE CALLED QUAKERS

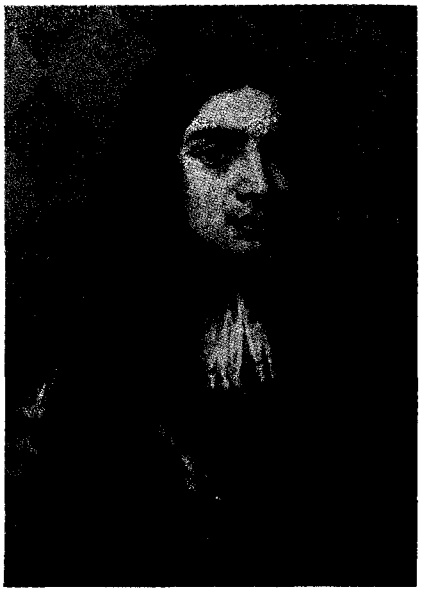
Contemporary Friends are not ashamed of the fact that they are part of a movement in which men and women were so shaken they trembled. On the contrary, they are becoming ashamed of the fact that they are so little shaken themselves.

by D. Elton Trueblood

There are not many popular images which are more distorted than that of Quakers. According to the popular conception, Quakers are an exceedingly mild and harmless people, largely given to silence, totally unaggressive, with a religion that is neither evangelical in content nor evangelistic in practice. It is generally understood that the appearance of Quakers has something of the benign character of the man pictured on the Quaker Oats box, and many identify Quakers with contemporary "plain people." Even those who realize that there have been changes in dress and manner of life still suppose that Quakers are prudent in all their ways and moderate in all their views. It is understood that they are good and kind, but also ineffective. Above all, it is believed that Quakerism is a faith which, being essentially antique, is irrelevant to the life of modern men and women. Many, who hear of the Quaker faith, are not sure whether it is Christian, and few look upon it as a live option for themselves today. Some even believe that Quakerism is something into which it is necessary for people to be born.

The important thing to say about this image is that it is erroneous at almost every point. The conventional image has little fidelity in relation to the Quakers of 300 years ago, when the movement was marked by an amazing vitality. The only adequate corrective to the false Quaker image is that which is produced by direct confrontation with the explosive life of the earliest Friends, which often comes as a shock to the modern inquirer.

The Quaker explosion occurred during the 40 exciting years between 1650 and 1690. In this period, Quakerism began in England and spread rapidly to various parts of the world, including most of the English colonies on the western shore of the Atlantic Ocean. Starting from nothing, or almost nothing, first in the experience of George Fox and then in that of those who were enkindled by his brightly burning fire, Quakerism was, for a while, the fastest-growing movement of the Western world. Thousands of Quakers, both men and women, suffered cruel imprisonment; many were whipped and beaten; and four, including one woman, were hanged on Boston Common. Nearly all, in spite of wide differences of ability and of education, engaged in preaching to anyone who would listen, and even some jailers were convinced by the persuasiveness of the message. Kings were addressed; governments were influenced; books and pamphlets were published in fantastic numbers. Whatever else Quakers were, they were not a harmless sect. If they had been such, the persecution, even in a savage age, would have been incomprehensible. The great mark of the new movement was an undoubted dynamism.



Like other Quakers of his day, William Penn believed there was a divine spark in each person that could guide the individual to live a virtuous life.

The Quaker movement, at its inception and for a full 40 years thereafter, presented many of the characteristics of a cultural and religious storm. One evidence of the extreme character of Quakerism was the fact that the new preachers were disturbers of the peace. They spoke in church services where they had captive audiences; they shocked officials by treating them as equals rather than with obsequious manners; they treated women as the equals of men; they sang in prison; and they made an effective witness behind prison walls.

Far from separating themselves from the world, the first Quakers established one important colony and were influential members of legislatures in several others. Indeed, the English colonies in America were so deeply affected by the Quaker movement that one cannot understand their story apart from some reference to the new faith. Not only was Pennsylvania established as a Quaker experiment in government; Quaker influence was earlier significant in at least three other colonies. In Rhode Island, Quaker governors held office for 36 successive terms. Robert Barclay, the greatest of the early Quaker thinkers, was appointed the first governor of East Jersey. In North Carolina, with a Quaker, John Archdale, as governor, Quakers controlled at one time half of all of the seats in the assembly.

The influence on the world and the attempt to redress evils by vigorous action did not end with the first or classic period. Quakers were the first people

Quaker artist Benjamin West's familiar painting captures one of the triumphs of Penn's career, his treaty with the Indians.

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of the Western world to make a direct assault on the institution of slavery, with the result that, 60 years before the Emancipation Proclamation, there was not one Quaker slaveholder in America. The Quaker great grandparents of living people underwent great personal risks, in the middle of the 19th century, in conducting the underground railroad, secretly conveying slaves from the border states to the Canadian frontier.

Quakers did not hesitate to speak of their movement as "Primitive Christianity Revived." The recognition of the danger of immodesty seems to have played absolutely no part in the early nomenclature. Thus, there was no hesitation among the early Quakers, particularly the dynamic men of the north of England, in calling themselves "First Publishers of the Truth." Another immodest name was "Children of the Light," such language being adapted boldly from the New Testament (I Thessalonians 5:5, Luke 16:8, John 12:36, Ephesians 5:8). Even the word "Friends," which later developed into an official name, "The Religious Society of Friends," was an adaptation of the words of Christ, "I have called you friends" (John 15:15).

Because of the long-standing Quaker emphasis on the sinfulness of war, many of our own day picture the Quakers as wholly nonmilitant in mood. It is really shocking to such persons to learn how far from the truth this conception is. The early Quakers, being steeped in the language of the New Testament, and therefore familiar with the military metaphors with which the New Testament abounds, did not hesitate to employ them. Knowing the Epistles as they did, they felt no embarrassment in speaking of "the breastplate of faith and love," or "for an helmet, the hope of salvation" (I Thessalonians 5:8). When they were thrown into foul prisons, it helped them immensely to remember one who had said, "Endure hardness, as a good soldier of Jesus Christ" (II Timothy 2:3). Militant language was so congenial to Quakers in general that they tended to refer to their entire struggle as the "Lamb's War." Such was, indeed, the title of a book by the most eloquent and most maligned of all first-generation Quakers, James Nayler. This reference was also Biblical, being based on Revelation 17:14.

Perhaps the strangest part of the present distorted image of Quakers is the idea that Quakers are excessively reticent and therefore uninterested in making converts. There may be such Quakers today, but it is doubtful if there was one such in the first 40 years of the Quaker explosion. All tried to make converts, and they tried all of the time. Any situation was a proper one in the Lamb's War.

Closely allied to the notion that Quakerism is intrinsically unevangelistic is the equally erroneous notion that Quakerism is not tied to the Christian heritage. Some even suppose that Quakerism is a kind of religion-in-general, without a direct commitment to Jesus Christ. There may, indeed, be living Quakers who feel this way about it, but their position is not even remotely similar to that of Friends in the period of greatest dynamism. Not only were the earliest Quakers conscious of commitment to Jesus Christ; the same has been true of the mainstream of Quakers ever since and is certainly true of the majority of those who call themselves Quakers today.

One of the best evidences that the image which Fox and his associates conveyed to their contemporaries was a dynamic one, is that provided by the nickname Quaker, which, though originally given as an intended insult, has long been proudly adopted. The nickname Quaker was really an unintended compliment. It was a way of admitting that these people were not insipid, but were, instead, the movers and shakers of the established order.

There are two early accounts of the origin of the name Quaker. Though not identical, they bear equal witness to the fact that the faith of early Friends so took hold of them that they actually seemed to be shaken. "The priest scoffed at us," wrote Fox, "and called us Quakers. But the Lord's power was so over them, and the word of life was declared in such authority and dread to them, that the priest began trembling himself; and one of the people said, 'Look how the priest trembles and shakes; he is turned a Quaker also.' " According to Fox, the first individual who called the members of the new movement Quakers was Justice Bennet of Derby. He coined the term, Fox reported, "because we bid them tremble at the word of the Lord. This was in the year 1650." Though there was once a time when members of the movement preferred to be called Friends, there is a growing tendency, in the latter half of the 20th century, to accept the opprobrious nickname and even to rejoice in it. This is particularly true as we leave off vestiges of the quietistic period and understand better the extreme vitality of the original movement.

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ALL THINGS SICK AND SORROWFUL

If only he had laid down a rule governing pets, today he might be a well-to-do man with normal blood pressure and hair more pepper than salt. But he didn't, and he's not, and they aren't.

by Maynard Good Stoddard

Illustrated by Don Trawin

"Can you come home right away!" my wife shrilled over the phone. "The cat's got a fishhook in her nose!"

Dropping my dictation notes and my secretary, I made the wild three-mile dash from the office to our house.

Sure enough, the lousy cat, perhaps enticed by odors still emanating from my fishing gear stored overhead in the garage, had somehow managed to get its septum impaled by a fishhook and had come to the house trailing about 20 feet of eight-pound-test nylon line. Shari, our 80-pound daughter with a 70-pound heart, whose cat it was, was running around with her hands over her eyes and bumping into things. Lois, her mother—my wife, on the kids' side of the family—was running around yelling things like, "Do something!" "What are you going to do?" "Oh, the poor thing!" And "Watch out for the refrigerator!"

While she was putting cold compresses on Shari's head (the portion that had struck the refrigerator), I located a pair of wire cutters, skillfully snipped off the barb and withdrew the hook. But all the time I was reflecting on where I had gone wrong.

And what I reflected was, if only I had removed this flea motel from the doll buggy when I came home from work that first night, stripped it of its dolly dress, exiled the "precious little lost waif" to the alley from whence Shari had rescued it and laid down a rule governing pets, today I might be a well-to-do man, with blood pressure right on the 20/20 mark and my hair more pepper than salt. But I didn't, and I'm not, and they aren't.

Once the cat's adoption had been confirmed by a box of flea powder and a month's supply of store-bought cat food, Shari must have circulated a flier: "Give me your tired, your poor, your injured, your victims of broken homes yearning to be free . . . my dad's a pushover. . . pass it on."

First to test the validity of this open invitation was a pigeon sporting a wing that had been aerated by a BB gun. Lois, a registered nurse, answered the call of duty by postponing dinner to tweeze out the BBs and try to keep the patient breathing, or whatever it is birds do to stay alive.

After several days of Epsom-salt baths, hourly oatmeal-and-warm-milk feedings and half-hourly rescues from the jaws of the cat, "Pidgy" repaid the hospitality by flying off downtown, presumably to get himself shot professionally by one of the city-sanctioned sportsmen staked out on an office-building roof.

To fill the void, Shari's mother immediately sponsored her participation in the pet craze currently sweeping the neighborhood—the endearing hamster. Not a sensible single hamster. Oh, no. It had to be a stupid pair.

You can tell the sex of a parrot, so I've heard, by offering it a piece of bacon. If he picks it up, it's a male; if she picks it up, it's a female. Unfortunately, salesgirls in dollar stores (formerly dime stores) have no such foolproof system for determining the sex of hamsters. So we, of course, got one of each gender.

And guess whose hamster hussy got herself in an interesting condition within five minutes after hitting our front door? You got it.

Something like five days later, the distressing event (which would continue on a regular schedule, I was joyously informed) was not, however, without its tragedy. The mother (I'll try to continue) died in hamsterbirth, leaving a family of six. That's not counting the sus-

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pected father, who alleviated his grief by taking a spin on the $7.98 exercise wheel inside the $19.95 cage.

Once more, Shari trustingly turned to her mother to keep the litter from joining *their* mother in that big hamster colony in the sky.

Having been assigned the emergency run to the shopping mall for a can of Karo syrup, a carton of enriched milk, an eyedropper and a bottle of rubbing alcohol, I got news of the *coup de grace* second hand. What happened, as nearly as I could make out in all the commotion, was that trustworthy Nurse Stoddard, to keep the little rascals warm, had arranged their bodies (but I get ahead of myself) on a pie plate and stuck them in the oven. Unfortunately, our oven is one of the older models without a hamster setting, and when the nurse looked in to check on the state of their health, they didn't have any. Done to a turn, as the saying goes. I arrived to find Shari running around with her hands over her eyes and bumping into things.

Shari and her remorseful mother came home from a sidewalk sale the next day with a pup. The last of the litter, they said. I believed them. Like many dogs in starting out, she was only a puppy, but she wasn't fooling me for a minute. The little beast already had feet the size of blackboard erasers and enough extra hide to cover a recliner. Within six months, under the pretext of being glad to see me home, she would place those blackboard erasers on my shoulders and knock me over backwards.

"If we lived in the country," said Lois one night when she was helping me up and gathering the papers from my brief case, "the dog would get her exercise chasing rabbits and things. And she would practically live off the land."

That's how come I let myself be talked into buying these 13 acres of sandstone and clay here in Sweet Owen County, Indiana.

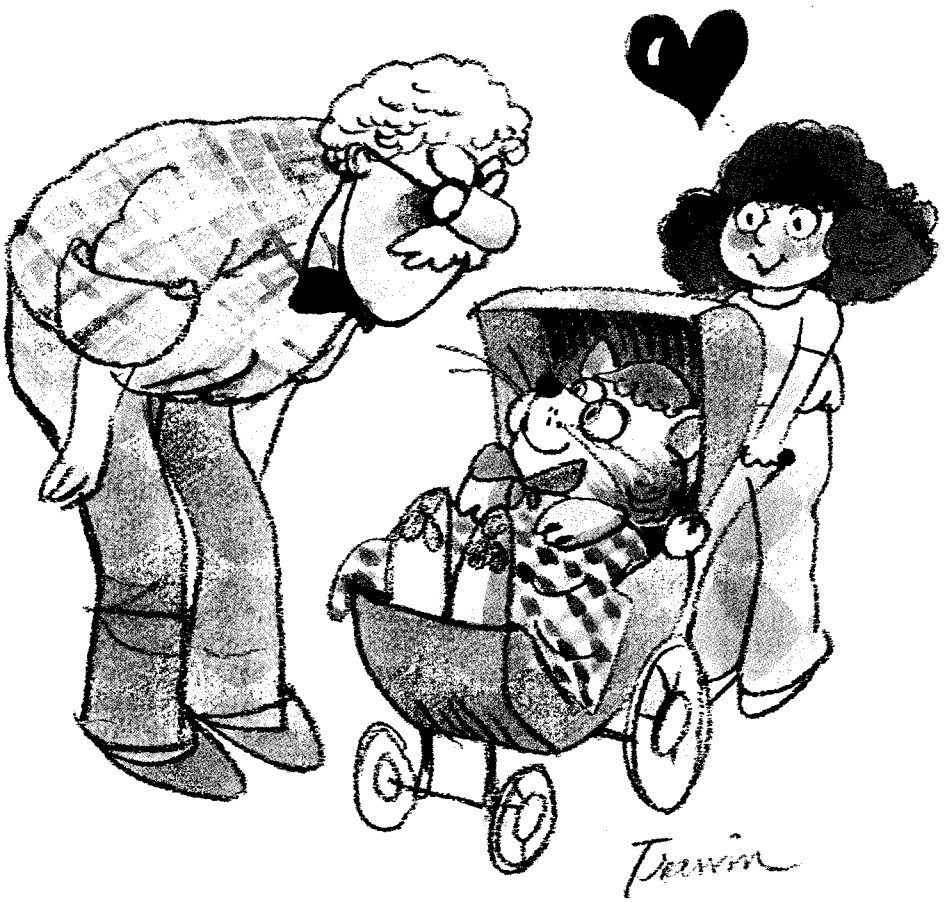
Three weeks after we moved in, Shari convinced me that the reason our place didn't compare with the neighbors' was because we didn't have a "brush goat." "Everyone has one," she lied, "to clean up the sassafras, wild grapes, wild onions and poison ivy." So I laid out $45 for a brush goat, so called.

Due to a lack of communications, however, the goat immediately began cleaning up the grapes in the arbor, the dwarf fruit trees, the berry bushes, the flower beds and the clothes off the line. And instead of having to be alert for blackboard erasers on my shoulders, now I can't bend over without running the risk of being butted into the middle of next week. He's just being playful, I am gleefully reminded.

After a few games of this, I let myself be talked into adding two "darling miniature donkeys" to the menagerie. They would not only play with the goat, but they thrive on sassafras, wild grapes, wild onions and poison ivy. Ours eat nothing but hay and oats in winter, and in summer, to reach the greener grass on the other side, knock down line fences faster than a city-bred man can put them back up. And in their haste, they don't mind stepping on a neighbor's lamb. Our neighbor was good enough to let us make restitution by buying it for about three times what it was worth.

Until the lamb's $44.60 cast comes off its right leg, Shari is keeping it in the root cellar. For physical therapy, the dog helps out by making daily attempts on its life. These sessions also have served to clear the lower shelves of all empty fruit jars.

As for the dog living off the land, this is as close as she has come. Whether it's the stimulating exercise, the invigorating country air or a shortage of moose in Owen County, we are now buying



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Speaking Out

THE BEST-SELLER BOOK SCANDAL COVER-UP

"The arts and media must be a focal point for protest against the pagan world that has come upon us while we have had our Christian heads in the sand of 'spirituality.'"

by Franky Schaeffer

In the past I have pointed out the lack of participation by Christians, especially evangelicals, in the arts and media. There are many reasons within the Christian community for this being so.

But while most conservative Protestants or evangelicals have neglected the arts, a few heroic individuals have exercised their God-given talents. Indeed, despite the trend toward skepticism in culture as a whole, great Christian artists have appeared in our times in numbers that the secular world finds troubling. In literature alone, T.S. Eliot, W.H. Auden, Graham Greene, Francois Mauriac, George Bernanos, J.R.R. Tolkien, C.S. Lewis, Flannery O'Connor, Solzhenitsyn, Walker Percy and many others have written. More recently, there have been new, younger writers, such as Larry Woiwode, who have emerged.

"The reason that books by Christians almost never appear on the best-seller lists is simple," says Franky Schaeffer. "The secular world is provincial, narrow-minded and bigoted."

But the secular world increasingly applies a double standard to art produced by Christians. The myth of neutrality holds sway in the arts, as it does in politics and the law. This must be attacked and exposed for the bigotry and provincial narrow-mindedness that it is if art made by Christians is to play its important role in redemption.

To cite an example of anti-Christian bigotry in this area, think of the books, both nonfiction and fiction, that appear on the best-seller lists. The *New York Times'* best-seller list as well as *Time* magazine's best-seller list contribute without a doubt to the sale and popularity of the works on these lists; when a title appears, it immediately enjoys a boost in sales and comes to the attention of an enormous public that otherwise might not hear of it.

The lists, therefore, make a substantial difference in the number of copies of books eventually sold. Beyond commercial success, books that appear on these lists attract more attention from the rest of the media in terms of reviews and follow-up stories; the book's content thus enjoys a full public discussion: Its ideas help shape our culture.

A typical nonfiction work on the *New York Times'* best-seller list has sold between 60,000 and 120,000 copies; works of fiction can qualify with fewer sales. Books by Christians published by Christian book companies, however, both nonfiction and fiction titles, almost never appear on these lists, even though many Christian books in any given year sell far in excess of the number of copies which qualify a book to appear. (Christian books, especially nonfiction, often sell in excess of 250,000 copies in the first year after publication.)

The reason that books by Christians rarely appear on the best-seller lists, even though they outsell their contemporary secular counterparts, often by a ratio of 3 to 1, is simple: The secular world is provincial, narrow-minded and bigoted.

It has often been said of New Yorkers that their world ends at the Hudson River. Certainly this provincial mentality characterizes such corporations as Time, Inc., and the *New York Times* when it comes to assessing the fiction and nonfiction books by authors within the Christian community. This bigotry even extends to reviews. As Harold Fickett says, "The kind of begrudging reviews a fine novelist like Frederick Buechner often receives testify that in the main those who run the publishing worlds are annoyed that they are obliged even to discuss Christianity."

Imagine what would happen if a racial minority group could show that the works of its authors were being deliberately discriminated against—the denunciations, the accusations of McCarthyism, the

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vitriolic columns and stinging orations that would ensue. But the ever-silent Christian community has yet to protest in any significant way about the systematic neglect of Christian books, and so we do not even take advantage of those who truly believe in free speech, who might be our allies.

The news and publishing empires excuse their bigotry by saying that they take their count from "mainline secular bookstores" and that "religious books" are in another category since they are sold mostly out of Christian bookstores. This simply will not wash. If one looks at the best-seller lists at any given time, there are many books with highly religious and philosophical implications; in fact, it's impossible to write a serious book on almost any topic without its having a directly religious significance. But those works that appear on the best-seller lists generally espouse secular humanism, and so they are "neutral." It's the same old story. And the defense of the lists on the basis that religious books are in another category fails because cookbooks, sex manuals and game books appear regularly; the idea of these lists being specialized rather than general is specious. All books fall into categories, and to rule out religious books is pure arbitrary bigotry. Not to bother to include counts of books sold through religious bookstores is self-serving laziness.

If the best-seller lists were really what they claim to be, books by Christians would show up with startling frequency; their sales figures would put them at the top of these lists regularly. And this would impress the general public that Christians might actually have something to say and would make it necessary for those in the media to take Christianity seriously.

This, however, is what an organization such as the *New York Times*, which represents itself as a champion of "Pluralism," wants to avoid like the plague. They deliberately promote the idea of a despiritualized, secular world, while at the same time continuing to claim the best-seller lists are completely accurate.

Filmmaker, artist and author (*A Time for Anger*), Franky Schaeffer's authority to speak out is well-founded.

It surprises me that no legal action has been taken by the Christian Booksellers' Association, or individual Christian bookstores, or Christian authors, or publishing companies, or legal associations, against these practices.

Christians who work in any branch of the arts face the open discrimination of liberal zealots. In fact, we live in an era in which liberals, for all their professed horror at the foolish and wrongheaded conservatives who take the novels of a fine author such as Kurt Vonnegut off library shelves, censor and suppress books with views contrary to their own with more subtle and effective methods.

Franky Schaeffer readily confessed that making the film *Whatever Happened to the Human Race* was not "just a job," but rather a labor of love, expressing his views.

Conservative Protestants, Catholics and other religious people at times have tried to limit books available in schools and so forth and have been condemned as "censors." However, the liberal media take a different view of liberal innovations in the area of censorship. *Newsweek* (March 29, 1982), in an article entitled "Women Pioneers Find Their Pulpits," quotes a Ms. Priesand, the first woman rabbi in New Jersey, as wishing to change what she considers the sexist language of the liturgy (mankind, our fathers, God our Father). "I want customs and ceremonies to be equal for everyone," she says. "That will make religion more accessible to women."

While conservatives may attempt to limit the use of books in schools, they have never tried to pretend they have never existed at all.

Michael Levin, a professor of philosophy at City College of New York, writing in *Commentary* magazine, June 1982, says, "When parents object to profanity in school books, they are invariably met with answering cries of 'censorship' or 'thought control' and warned of the dangers of tampering with the First Amendment. Yet, while national attention has been focused on the activities of such concerned individuals, one of the most extensive thought-control campaigns in American educational history has gone completely ignored. I am referring to the transformation, in the name of 'sex fairness,' of textbooks and curricula at all educational levels, with the aim of convincing children that boys and girls are the same. Indeed, a dismantling of 'sex roles' has virtually superseded transmission of information as the aim of the classroom."

From TV sitcoms to the rarefied atmosphere of New York art galleries, the secular humanist expresses his point of view with increasing stridency. No one ever attempts to provide a forum for the Christian artistic reply. The artistic community at large holds the position that it's okay to believe

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CREATING THE IDEEL

The "ideel" client for objets d'art is not born but made—and the making of clients Mr. and Mrs. Kingsford J. Hollins in itself was a work of art.

by Booth Tarkington

Illustrated by Ritchie Cooper

Part I

In human affairs, cause and effect often behave not like the inseparable twins science says they are, but like two harebrains never even acquainted. Young Howard Cattlet's acting as an usher at a classmate's wedding settled his destiny, not by means of a marvelous bridesmaid but because he was unable to borrow an usher's uniform and had to have one made.

Thus, just out of college, owning a cutaway, some other clothes and nothing more, he began commuting between his native Hackertown, New Jersey, and New York, seeking to find a job.

Systematic, he began an orderly geographical combing of northern Manhattan in mid-June and was dishearteningly down as far as Seventeenth Street by the end of the month. Anything but an electric, eye-to-eye, make-it-happen young man, he was large, slow-spoken, good-looking, somewhat solemnly; and a solemn sort of thoroughness was a sturdy element in his character. Nothing less could have led him to include in his list an advertisement for an Art Dealer's Assistant.

On the morning of the first of July, he crossed over from West Seventeenth Street—where his offer to become a Night Watchman had been declined—and walked valiantly to the address of the Art Dealer on the eastern stretch of that same thoroughfare. Arrived at the shop, he found it to be upon the ground floor and paused to learn what he could from its dusty exterior. There was a recessed half-glass door and a single display window; not a large one, yet imposing, even a little pompous, because of the gilt lettering it bore.

RUMBIN GALLERIES

Chefs-d'Euvre Peintures Sculptures
Old Masters Objets d'Art Period Furniture

Inside the window were two candelabra—black bronze Venuses or Muses, or somebody, upholding gilt flowers from which rose the candles—and between the candelabra, upon a mound of green velvet, was a venerable murky landscape painting from which young Howard Cattlet got only the impression that he wouldn't like to own it. Already discouraged, he, nevertheless, doggedly stuck to his routine, opened the half-glass door and went in.

Within the oblong room he was aware of dark old-looking paintings upon brown walls, of old chairs and sofas in faded colors, of stools, tables and commodes in unfamiliar shapes; and beyond this daunting foreground he saw at the shadowy other end of the room two people—a fair-haired young woman at a desk and a thin, baggy-kneed man who spoke to her urgently.

She interrupted him. Her clear, light voice was but too audible to the young man near the door.

"Professor Ensill, your experience with the Amwilton Museum and on the Institute's art faculty would be valuable, of course; but there isn't the slightest use for you to wait till Mr. Rumbin comes in. I mustn't hold out any false hopes to you, Professor Ensill."

Professor Ensill's shoulders drooped. "Well, I'll keep on with that damn Oreas," Howard Cattlet heard him say. "I'd hoped for almost any kind of change—but all right." He turned from the desk and, on his way out, set, drearily, a soiled fedora hat upon his scholarly head. Before the door closed behind him, young Howard decided to depart also. He was in motion toward the street when the young woman at the desk rose, came forward and spoke to him.

"Can I show you something?"

"No," he said. "No, I believe not."

"No? Perhaps you came in answer to Mr. Rumbin's advertisement?"

"I—yes, I believe I——"

"Then why don't you——"

"Thank you," Howard said. "I wouldn't do."

To his astonishment, she said thoughtfully, "I don't know," and for a strange moment the scrutiny he had from her intelligent gray eyes was appreciative. "I think I'll take your name."

He gave it, wistfully adding his address; then again moved toward the door. But she still detained him.

"Wait here." She went to a door at the rear of the shop, opened it, called "Mr. Rumbin" and returned to her desk. A wide silhouette appeared in the doorway; she said, "Mr. Howard Cattlet, Hackertown, New Jersey," and applied herself to a typewriter.

Mr. Rumbin came forward, a middle-aged active fatman with a glowing eye. His features were flexibly expressive, like an actor's, and just now, oddly, seemed anxious to be ingratiating. "Hackertown?" he said to the solemn applicant. "Mr. Howard Cappits, you know Mr. and Mrs. Waldemar Hetzel that build the macknificent country house outside Hackertown?"

"Hetzel? No, I——"

"Then you couldn't intaduce 'em to me," Mr. Rumbin said regretfully, a foreign accent of elusive origin becoming a little more noticeable in his speech. "Hanover Galleries sold 'em a Claude for hundut 72 t'ousand dollars. It's nice money; it's a crime." He sighed; then smiled almost affectionately. "Where was you before?" he asked.

"Before? Where was I?"

However, comprehending that the question sought for his previous

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business experience, the young man explained that he hadn't any; but mentioned a possible qualification. In his junior year he had attended a course of lectures on Aesthetic Fundamentals and had passed the examination. He hadn't passed it prominently, he thought right to add; but still he had passed.

Mr. Rumbin, though looking at young Mr. Cattlet attentively, listened with indifference and, when the applicant produced a written approval of his morals from the rector of St. Mark's, Hackertown, gave it but an absent glance and returned it.

"Listen," Mr Rumbin said. "You got a cutaway suit?"

"A what?" Howard said. "Yes. I've only had it on once."

"You got a useful face, too," Mr. Rumbin observed, frank in meditation. "You don't show nothing on it. Like you ain't got no feelings. Look like maybe you got high educated brains, too, or not; nobody would be surprised which." Suddenly he smiled beamingly, glanced back toward the girl at the typewriter. "Putty good. Oddawise Georchie wouldn't kept you for me to look at. I take you."

"What? You say——"

"On prohibition" Mr. Rumbin added quickly. "On prohibition the first couple weeks. After that, if I commence liking you, it's permanent."

Dazed, Howard seemed to perceive that his wedding garment, supplemented slightly by his face, was perhaps launching him upon a career. "When would you—when do I—when——"

"When you commence, Mr. Howard Cappits? Today, now; it's got to be sometime ain't it?" Mr. Rumbin became confidential. "You got everything to learn there is. Besides the cutaway you got to have some overalls."

"Overalls?"

"Howard," Mr. Rumbin said, "part of the work being my assistant, it's maybe some like a janitor. Sometimes you'll be using the floor mop; you get to wash the windows, too, and I'm going to teach you how to dust objets d'art—it's puttikler. Today, though, immediately I got to teach you something else quick. Come to the stock room; I show you." Then, followed dumbly, the astounding man walked to the rear of the shop, but paused for a moment near the desk. "I intaduce you to Georchie; but don't you call her Georchie—her name's my secretary, Miss Georchina Horne. When I ain't here, she's the same as me. Got me, Howard?"

Miss Georgina Horne gave Howard a nod that didn't interrupt her typing. Howard murmured, and then said more distinctly, "Yes, sir."

" 'Sir,' " Mr. Rumbin repeated, pleased again. " 'Sir,' that's nice. Calling me 'sir' natural I won't got to keep hollering at you for doing it like that Bennie feller I had last mont'." He spoke to Miss Horne. "He's got the cutaway. Georchie, at the elevenst hour you picked one with. It's like a providence!"

He passed through the doorway that had admitted him only a few decisive minutes previously, and the owner of the cutaway went with him into a cluttered and confusing room. Long wide shelves, several feet apart, occupied two of the walls; and upon these shelves dozens of framed pictures stood, not leaning against one another but separated by fixed uprights of wood. Against the third wall, other pictures leaned, too large for the shelves; the middle part of the floor was crowded with old chairs and sofas, and close to the fourth wall stood cabinets, chests, consoles, commodes and an iron safe.

Mr. Rumbin put a fond, fat hand upon a panel of one of the cabinets. "Locked," he said. "Some day, if I commence liking you, I show you. Ivories, porcelains, little Renaissance bronzes maybe. Ha!" He patted the black metal door of the safe. "Treasures! Some day maybe." The

"Madame?" Mr. Rumbin stared at her, chopfallen. "You say—you say you wish to acquire this great pig Rosa Bonheur?"

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glow of his eyes became a glisten. "Maybe a couple pieces Limoges enamel. Maybe even one Byzantine enamel on gold—Saint Luke, size of a calling card, elevenst century maybe. Maybe a couple little Got'ic crosier heads. Maybe a fourteent'-century pyx. Who I sell 'em to?" Abruptly, he became somber. "Where's a real collector not dead that ain't busted or some pig dealer ain't got him?" He sighed, then brightened and said briskly, "We commence! You got to learn a program. We start it with the Follower of Domenico Theotocopuli."

"Sir?" The course in Aesthetic Fundamentals wasn't helping Howard much; he didn't know what Mr. Rumbin had been talking about now. "Sir?"

"Domenico Theotocopuli, it's El Greco's right name," Mr. Rumbin explained kindly, completing his listener's incomprehension. "He had Followers. Here; I show you." He took a picture from a shelf, set it against a chair in the light and asked, "How you like it?"

Howard hopelessly thought it was terrible. What he saw seemed the likeness of a gigantic sentimental bearded person with a minute head. Clad in robe of twisted blue tin, he walked barefooted among either rocks or clouds of lead foil. Howard wondered if the job depended upon his liking such a picture; but he couldn't lie flagrantly. "I don't, sir."

"Right!" the astounding Rumbin said. "In odda worts, this fine splendid picture of mine, we wouldn't say it's a painting by El Greco's son, because El Greco's son you can't tell from El Greco himself; but this picture you maybe could. That's why it comes first on the program. Got it?"

"Not—not yet, sir," Howard admitted. "I'm afraid I don't understand what you mean by the program."

"No? Sit down. I'll——" Mr. Rumbin interrupted himself. "Not in that chair! It's Regence needlepoint; it's real. Here, we sit on this Louis Treize sofa; it ain't." Then, as they sat together upon the sofa, he spoke suavely. "I got just time to teach you the APC of the alphabet. In art how you handle a program, it's your heart and pants. Oddawise give up hoping you'll ever get the ideel client."

"Client, sir? You mean——"

"Client!" Mr. Rumbin said emphatically. "In art it ain't customers. Listen hard. What a dealer needs, it's ideel clients. Ideel clients, the kind that won't trust no odda dealer, there ain't many. Some the piggest dealers ever was didn't had but two. Me? Give me just one that's ideel enough and I move up to Fifty-sevent' Street! I got one coming this afternoon that might be; it's a chance. Got it?"

"Well, I—I——"

"If she gets made into a picture collector, it's all!" Mr. Rumbin became so confidential he spoke in little more than a whisper. "Six up to nine millions her husband the last seven years took in. Just found out

"I got a deal 15 t'ousand dollars costs me 20; I lose five."

she ought to collect. Some odda dealer'll get her if I ain't quick. You see Howie?"

"I—more or less, sir. I——"

"Right!" Rumbin said. "Now we come to what's a program. Howie, it's universal if you got a important article you want somebody to buy, only a bum would right away show him this article. If he likes skyscrapers and you want to sell him the Empire State Building, you wouldn't say nothing about it until after you got him discouraged showing him t'ree-story buildings and a couple carbarns maybe. Then you spring the Empire State, just before you got him too tired out to be excited. That's a program. It's execkly what we do in the Galleries this afternoon."

"The Galleries?" Howard asked. "Where——"

"The Galleries it's the whole place; but in puttikler it's, too, a room from a door across the shop. When the client comes, I take her in the Galleries; but you are waiting here. When you hear the buzzer, you pick up the Follower of Domenico Theotocopuli, bring it into the Galleries, put it on a easel, stand looking at it just natural till I tell you go beck and bring the next."

"The next, sir?"

Mr. Rumbin jumped up, replaced the Follower of Domenico Theotocopuli upon its shelf. "Listen, I got a feeling it's the most important day in my life! Here, one next to the odda, it's fixed in order the program, these special five pictures you bring in the Galleries one at a time. After that you don't do nothing at all, because it ain't any of these five is the one I got to sell her. That's my great Clouet; and it I'm going to bring in myself. All you do is carry pictures. Got it?"

"Yes, sir, I—I think I——"

"Right!" Mr. Rumbin said abruptly. "Go put on the cutaway suit."

"Sir? But it's out at——"

"Hackertown, New Chersey," Mr. Rumbin said. "Be beck execkly half-past two o'clock in it."

"I doubt if——" young Howard began; then he had an important second thought and said, "Yes, sir."

His doubt had been of the time allowed; but, by moving more rapidly than was usual with him, he made it sufficient and reentered the shop at almost the precise moment named. His employer, whose shining broad face showed excitement, approved of him.

"Pyootiful!" Mr. Rumbin exclaimed, and turned to Miss Georgina Horne. She was delicately passing a small feather duster over the landscape in the display window. "Georchie," Mr. Rumbin asked dramatically, "Georchie, you see it?"

Howard, slightly offended, wasn't sure whether "it" applied to himself or to his brave apparel; then discovered that something more elaborate than either was intended. Miss Horne nodded seriously at Mr. Rumbin and said, "It'll do."

"Do?" the dealer cried. "It's double a hundut percent perfect! Me in only a nice sack suit, but with a cutaway to order around—it's a picture!" Between thumb and forefinger he took a fold of his new assistant's sleeve, examined the texture. "Fine! Listen, Howie, I ain't

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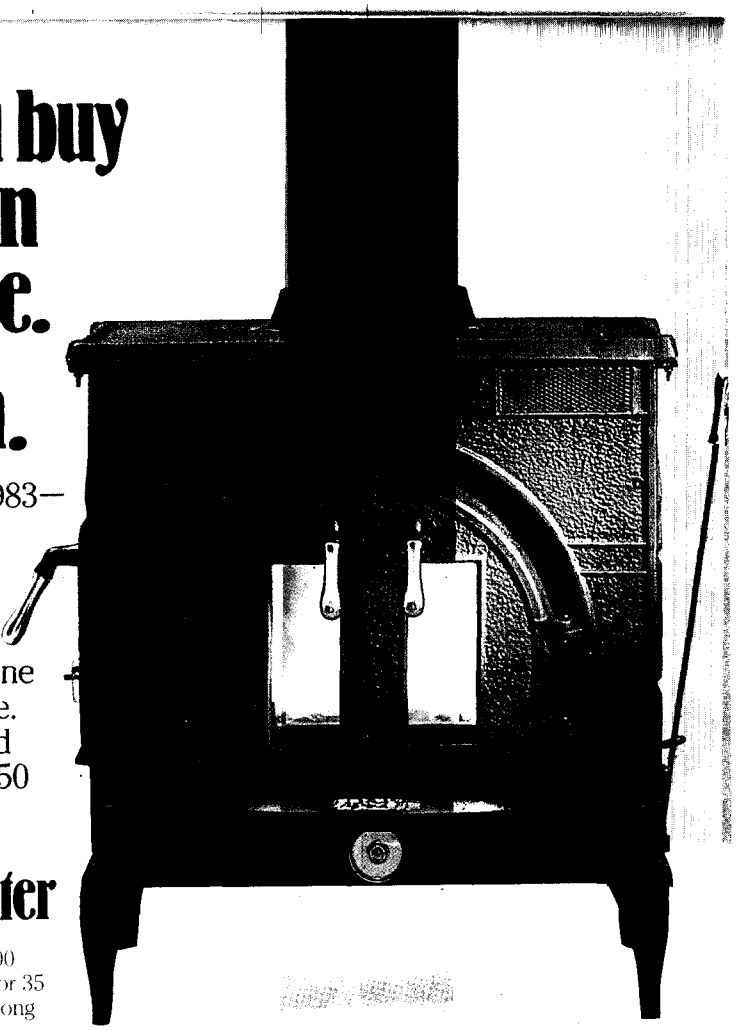

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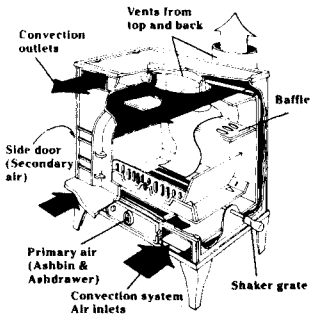

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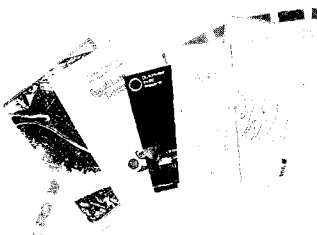

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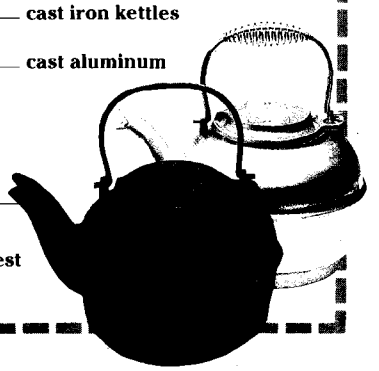

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going to ring no buzzer for you. After I got her in the Galleries, I commence the program myself with my great Dutch lentscape from the window here; then next I open the door and call to Georchie. 'Miss Horne,' I'll say, 'send me the Head Assistant with the Follower of Domenico Theotocopuli.' Got it, Howie? It's more connoisseur than a buzzer and like there's more of you than just you. Get back in the stock room, so she don't see you right first when she come in."

"Yes, sir." Then, on the way to the rear of the shop, Howard heard Mr. Rumbin speaking further, though in a lowered voice, to the gray-eyed secretary:

"That puttikler dumb look he's got, it's good, too; it's aristocratic."

Howard, reddening somewhat, went into the stock room, closed the door and sat down on the Louis Treize sofa that wasn't. He stared at the strange furniture and at the racks of paintings, which he suspected of being even queerer than the furniture. The Follower of What's-His-Name certainly was. "Doman——" he said aloud. "Domanigo—Follower of Domanigo Tea——" He didn't believe he'd ever be able to remember all of El Greco's real name. Maybe, though, he could learn to be a good Assistant Art Dealer without having to know how to pronounce everything distinctly. "Domanigo Teacupply," he murmured, and thought that coughing in the middle of such names might help. He tried it, wasn't satisfied, gave up, and sat apprehensive—just waiting.

Miss Horne opened the door. "It'll be easy," she said, comprehending the apprehension, though his expression was merely stolid. "Just watch Mr. Rumbin carefully and be natural. Mrs. Hollins is here. You're to take the El Greco into the Galleries."

"El Greco? He said it was a Follower of——"

"It's changed," Miss Horne informed him, not smiling. "It's the same picture. Take it in."

He took the painting from the shelf, then paused. He'd begun to like Miss Horne's appearance and had an impulse to talk to her. "Suppose the—the client asks me a question about one of the pictures——"

"Mr. Rumbin'll answer it," Miss Horne said. "When you've put the picture on the easel, don't stand between it and Mrs. Hollins. Go ahead."

He obeyed, carried the picture out of the stock room, across the shop and into the Galleries. In the center of the rather small room, a lady sat in a velvet chair, looking peevishly at the murky brown landscape, which was upon an easel at a little distance before her. She was fragile, restless-looking, thinly pretty, and what she wore was of a delicate prettiness, too: a dress of ivorine silk, a hat of cream and old rose—colors that were echoed in the frail rose-and-ivory wrap drooping from the back of her chair. Mr. Rumbin moved deferentially between her and the displayed picture; he seemed unaware of his assistant's entrance.

"Not two people in a million," he was saying, "not two people in t'ree million would right away said like you this great seventeent' century Dutch School Italian lentscape it's too dark. In some people it's a instinck to be a connoisseur; it's born. Mrs. Kingsford J. Hollins, I congratulate you!"

"Oh, I don't know," Mrs. Hollins said. "I only know I know that picture's too dark."

"Too dark is right! Look!" The dealer made a gracefully negligent gesture toward his new employee. "Look, it's a young *Herr Doktor* from the university, the Galleries'

By the one symbolic and prophetic word he triumphantly whispered: "Ideel!"

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The Country Gentleman

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WANNA BUY A LIGHTHOUSE?

Gone are the days when the United States sold land for a song. But you can still sing out with a bid for a lighthouse. Or how about a dam, an Air Force base or perhaps a desert?

by Jay Stuller

The first item in last October's *U.S. Real Property Sales List* could well have brought an electrified twitch to the weary body of good Dr. Frankenstein. There, on the North Slope of Alaska, 75 miles east of Point Barrow, ready-made with some 65 modular buildings, was a place where he could recreate his laboratory—in privacy. Set on Pitt Point, which juts into the Arctic Ocean, even the location's name hinted at hermitlike isolation: Camp Lonely. Ah yes, the doctor would have thought, a pleasant chill coursing through his heart, Camp Lonely would indeed meet his *special* requirements.

Or if not, there were 74 other pieces of property up for sale by the U.S. General Services Administration, government lands and buildings that ranged from a portion of Fort Ord in California to a farmhouse in Wisconsin. Included in the sale were pieces of several Air Force bases, Brooklyn's Sullivan Hotel, three exotic-sounding "Hawk Missile sites" in Florida, a lifeboat station in New Jersey and what was once a ranger station in Victor, Idaho. Intriguing stuff, to be sure. Yet the GSA's October '82 offering was but a small part of what promises to turn into the biggest federal real-estate sale since the 1889 opening of Oklahoma.

The United States government owns roughly one-third of the nation's land mass, about 744 million acres, give or take five million here or there. The lack of a precise figure is, however, no joking matter, for the government does not have an accurate or thorough accounting of its holdings. These diverse properties are managed by numerous individual departments and for decades have been subjected to only a limited government oversight. There's been virtually no incentive for these agencies to release—or even identify—property that is unneeded.

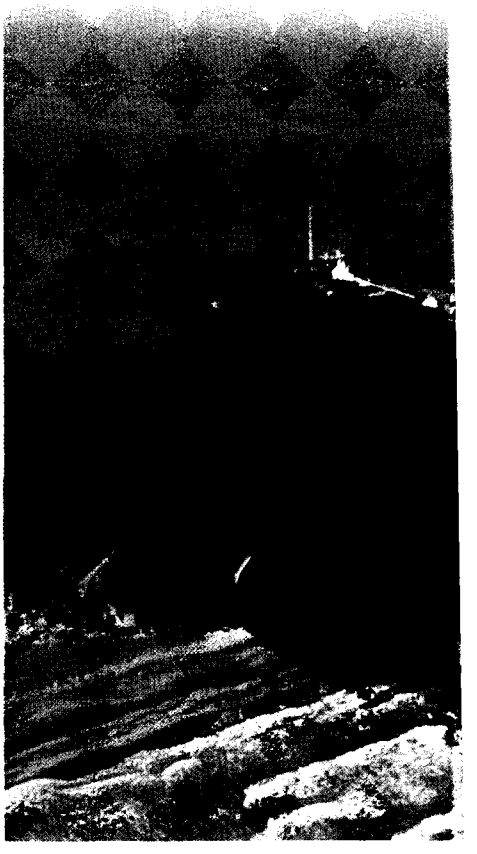
Most of the acreage is west of the Mississippi; Uncle Sam is the landlord of more than 89 percent of Alaska, 86 percent of Nevada and 63 percent of Utah. The government also holds title to an estimated 405,000 buildings, along with $52.3 billion worth of roads, bridges, irrigation projects and dams. Some of the property is barely used, or in many cases costs the government far more to keep and maintain than it's worth. For example, while grazing permits bring in nearly $25 million in revenues, the expenses of managing grasslands and covering payments to local governments in lieu of taxes *costs* the U.S. $58.5 million!

Public lands are, of course, a national treasure, especially the National Park System, wilderness areas, wild and scenic rivers and the acres within the National Wildlife Refuge System. But it is also clear the government owns and, in many cases, mismanages too much land, property that does not provide the best return to the U.S. taxpayer and consumer. And at a time when the country is faced with enormous budget deficits and a frightening $1 trillion national debt, hanging on to such burdens makes little sense.

So what do you do with a Bald Mountain Lookout, a five-acre site on a 6,000-foot Oregon peak that's no longer needed for spotting forest fires? Or abandoned Air Force radar installations? Well, explains Illinois Sen. Charles Percy, "Companies in a situation like this have often turned to liquidating assets. Why should the U.S. government be any different?"

Exactly the thought of the Reagan Administration, which under Executive Order 12348 established the White House Property Review Board, which will help coordinate the inventory of government property and form policy guidelines for accelerated GSA sales. In fact, 307 parcels totaling 60,000 acres have already gone or are about to go on the block. The White House projects revenues of $1.25 billion from such sales in Fiscal Year 1983, $4 billion annually beginning in 1984 and, during a five-year program, $17 billion.

According to a Property Review Board report, the sale of these properties will "help stimulate local economic development. Land will be put to more productive use in private hands and increase the local tax base." When it disposes of the land, the government will attempt to get "fair market value," something that has rarely been the case in past sales, which have always occurred,



Admitting that 744 million acres are more than it needs or can manage, the United States government has stuck a FOR SALE sign on this, ah, rock, 100 miles south of San Francisco.

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but on a very small scale. But perhaps most important is that funds from the sale will go directly towards reducing the national debt. "It is the best way we can think of to relieve the debt," says Bruce Selfon, deputy director of the Property Review Board. "It doesn't hurt anyone. It doesn't raise taxes. It doesn't cut anyone's budget. It just raises money."

Of course, as whopping as $17 billion really seems, the amount is still only 1.5 percent of the national debt. Interest payments alone on the debt comprise the third-largest federal government expenditure. But until now, only lip service has been paid to reducing the load. This land sale, and the dedication of the money to the debt, is a concrete step, something that far exceeds symbolism. As much as anything, it speaks of President Reagan's desire to scale back the influence of government. "We want to sell properties as a way of coming to grips with exactly what size the federal government ought to be," says one Office of Management and Budget official.

The Property Review Board has asked each executive agency to look over its present holdings and report any unneeded property. Unneeded is anything that can be disposed of without adversely affecting the activities of the agency. The list then goes to the General Services Administration, which, by requirement, screens the property for possible transfer to other federal agencies, state and local governments.

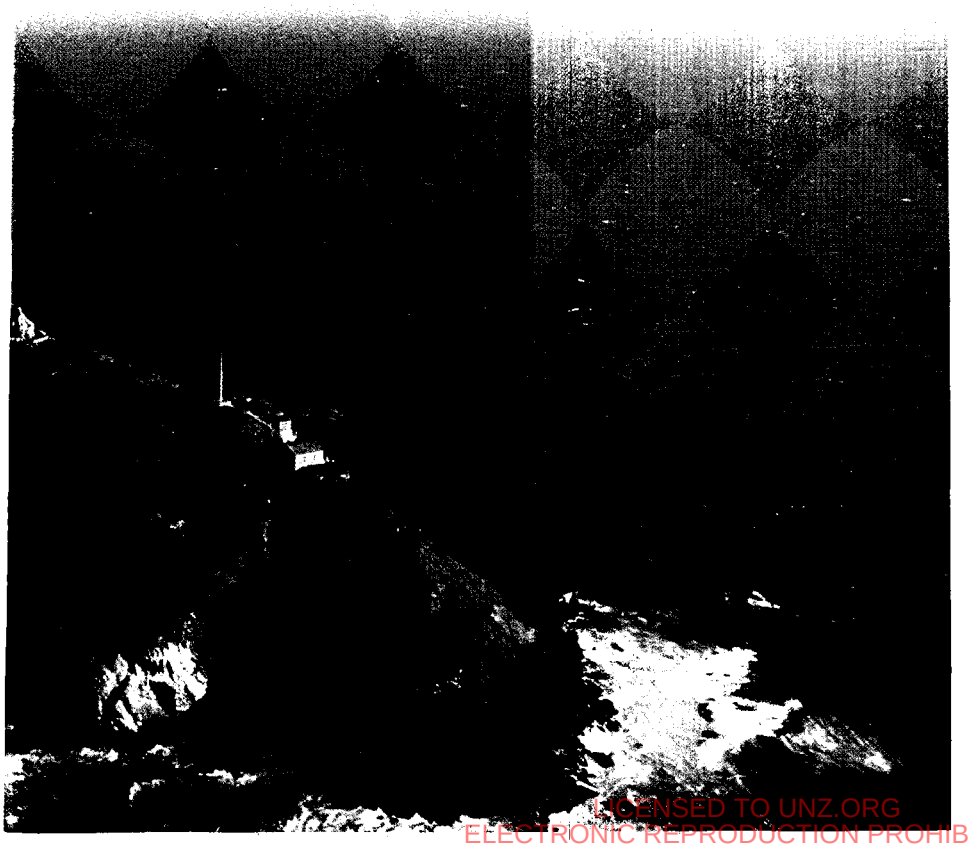
In the past, such properties were sometimes granted, or let go for a nominal fee, to other government bodies. Now, however, an agency or government will generally be required to pay fair market value, reflecting, says the Property Review Board, "the value of these assets to the taxpayer."

If there are no government takers—much less likely when the property's no longer a freebie—the land is then offered to the general public. Based on early evidence—29 individuals, some from as far away as Utah, Georgia, Arizona and New York, bid on the former ranger station in Victor, Idaho—this great land sale, involving about 35 million acres by the time it's over, is going to set passions aflame.

Americans have always held strong feelings toward land. Property ownership is perhaps the most compelling element in our national character. As John Steinbeck wrote, settlers "took up worthless land just to own it," and with much encouragement from the federal government.

Indeed, by the end of its second century, the United States had disposed of 1.14 billion acres of public land to either raise funds or stimulate settlement. Many pioneers couldn't afford to pay the nominal $2 per acre. So in 1862, Congress passed the Homestead Act, which gave 160 acres to any sodbuster who could build a house and stick with it for five years.

If you want to get away from it all, how about Bald Mountain Lookout? Located above the timberline atop a 6,000-foot peak in eastern Oregon, this five-acre site, with its breathtaking view (once an observation point for rangers), is for you.



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Man the Menu

For a Drink to Your Health, Try These Low-Calorie, Low-Fat, Low-Sodium Refreshers That Go Down the Hatch Without Going to the Waistline.

BY CHRISTOPHER IRWIN

For those who are watching their weight (and that includes most of us), it is important to know that beverages can be deceptively high in calories. They are, in fact, often the culprits in pushing a weight-anxious person's daily calorie limit over the edge. A before-dinner drink or an in-between snack may also significantly raise your daily intake of sodium or cholesterol, especially if you crave frothy milk-based treats. However, you can unload calories plus actually pack in vitamins A and C if you think of beverages as part of your daily nutrient intake. Authors Rose Dosti, Deborah Kidushim and Mark Wolke have taken a sip in the right direction in their book *Light Styles: The New American Cuisine* (Harper & Row), which offers the following recipes for breakfast drinks, delicious punches and appetizers that will keep you satisfied, healthy and trim.

Most of the recipes make use of natural fruit juices and dairy products for maximum nutrition. Several also use alcoholic beverages. You'll get half the calories of a glass of wine, however, by diluting it with club soda. There are fewer calories in a drink made with dairy products when nonfat products are used. Relying on the naturally occurring sugar effect of unsweetened fruit juices and fruits instead of sugar will help cut calories, too. Egg substitute replaces eggs for an 86-calorie cup of eggnog. You won't get the high nutritional value of a drink made with eggs, but you'll know how to cut calories when they become a problem.

So cheers! You're bound to enjoy these low-calorie, low-fat, low-sodium drinks. There are punches for parties, smoothies that wake you up and nightcaps that bed you down. There are a few beverages that children will enjoy, and an herb tea grandma will love to share with friends.

Bloody Mary
(Makes 6 servings)

1 quart low-sodium tomato juice
Dash hot pepper sauce
Pepper to taste
1 teaspoon fresh lemon juice
¼ teaspoon each onion powder and Worcestershire sauce
3 jiggers vodka
Ice cubes
6 celery stalks with leaves

Combine the tomato juice, hot pepper sauce, pepper, lemon juice, onion powder, Worcestershire sauce and vodka in a pitcher. Stir to blend well. Pour in individual glasses over ice. Add celery stalk, leaf side up. Each ¾-cup serving contains about 67 calories, 33 mg sodium, 0 g fat, 0 mg cholesterol.

Virgin Mary

Follow directions for Bloody Mary but omit the vodka. Nutrient analysis is the same as for Bloody Mary, except calories are reduced to 32 per serving.

Breakfast Shake
(Makes 1 serving)

1 cup nonfat milk
2 heaping teaspoons sweetened cocoa powder
3 tablespoons egg substitute, or 1 egg
1 small banana

Combine milk, cocoa, egg substitute and banana in a blender container. Blend until frothy and smooth. Each serving contains about 270 calories, 199 mg sodium, 6 g fat, 5 mg cholesterol.

Eggnog
(Makes 8 servings)

4 cups nonfat milk
1 cup egg substitute, or 6 eggs
2½ tablespoons fructose
2 or 3 teaspoons rum extract
2 egg whites
About 2 tablespoons low-cal whipped topping
Ground nutmeg

Combine milk, egg substitute or eggs, 2 tablespoons of the fructose and rum extract in a bowl. Beat with rotary beater or electric mixer until well blended. Chill thoroughly. Beat egg whites lightly with remaining fructose and fold into milk mixture. Top each serving with 1 teaspoon topping and sprinkle with nutmeg. Each 5-ounce serving contains about 86 calories, 83 mg sodium, 4 g fat, 2 mg cholesterol.

Herb Tea

Water
Lemon, orange and/or mint leaves
Cinnamon stick (optional)

Using ¾ cup of water per cup of tea, bring water to a boil. For each serving, add 3 lemon, orange or mint leaves, or a combination, to the boiling water. Cover, turn off the heat, and steep for 2 to 3 minutes. (The longer the leaves steep, the stronger the tea.) For additional flavor, add ½ cinnamon stick to leaves while brewing. Sodium is negligible; no calories or cholesterol.

Mimosa Cocktail
(Makes about 8 servings)

1 fifth of champagne
4 cups unsweetened orange juice
Ice cubes
Orange slices
Fresh mint leaves

Fill stemmed wine glasses or goblets with half champagne and half orange

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juice. Add ice cubes and garnish with orange slices and mint leaves. Each 8-ounce serving contains about 110 calories, 1 mg sodium, 0 g fat, 0 mg cholesterol.

Persian Refresher
(Makes 6 servings)

1 quart buttermilk
1 teaspoon dried mint, or 1 tablespoon chopped fresh mint
Ice cubes
Fresh mint sprigs (optional)
Mix buttermilk with dried or chopped mint. Pour over ice cubes in tall glasses. Garnish with mint sprigs, if desired. Note that buttermilk is high in sodium, and if you must watch sodium intake, substitute plain low-fat yogurt. Each 5-ounce serving contains about 59 calories, 212 mg sodium, 1 g fat, 3 mg cholesterol.

Sparkling Punch

Unsweetened cranberry juice
Lime-flavored carbonated beverage (sugar-free), or club soda
Ice Ring (following recipe)
Orange slices
Fresh mint sprigs
Combine equal parts cranberry juice and lime beverage in a punch bowl. Add Ice Ring and float orange slices and mint sprigs on top of punch. Each 8-ounce serving contains about 20 calories, 18 mg sodium, 0 g fat, 0 mg cholesterol.

Ice Ring

Fill ring mold with distilled water to within ¼ inch of rim. Freeze until solid. Dip briefly in hot water to unmold and place in punch bowl.

Yogurt Smoothie
(Makes 2 servings)

½ cup frozen or chilled low-fat fruit-flavored or plain yogurt
½ cup nonfat milk
½ cup fresh or unsweetened canned fruit, drained
Combine yogurt, milk and fruit. Blend until smooth. Each 6-ounce serving contains about 200 calories, 135 mg sodium, 2 g fat, 6 mg cholesterol. *Note:* For a nutritionally rich Smoothie, add 2 tablespoons of 1 beaten egg, and blend. Calories will increase to 280, sodium to 188 mg, cholesterol to 228 mg and fat to 7 g.

Fancy drinks need not be the downfall of a diet; contrary to common practice, they can be made tasty without sugar-laden soft drinks and high-calorie ice creams.

Wine Spritzer
(Makes 8 servings)

1 quart club soda
1 quart dry white or red wine
Ice cubes
Lime or lemon wedges
Put ½ cup club soda and ½ cup wine in each of eight tall glasses. Add ice cubes and garnish with lime wedges. Each 8-ounce serving contains about 84 calories, 37 mg sodium, 0 g fat, 0 mg cholesterol.

Virgin Spritzer
(Makes 8 servings)

Substitute 1 quart unsweetened orange juice for the wine in Wine Spritzer.

Sunrise Punch
(Makes about 25 servings)

1 quart unsweetened cranberry juice
1 quart unsweetened orange juice
1 quart unsweetened pineapple juice
Orange slices
Fresh mint sprigs
Combine cranberry juice, orange juice and pineapple juice and stir well to blend. Pour into glasses and garnish each serving with an orange slice and a mint sprig. Each 4-ounce serving contains about 60 calories, trace sodium, 0 g fat, 0 mg cholesterol.

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MAKING BURGLARS FEEL UNWANTED

If you want to protect your house from prowlers, there are things you can do besides taking in the welcome mat at night.

by Thomas Tilling

Family money, like business money, involves two distinct processes: getting it and getting rid of it. What we get is fairly predictable. For most of us, after all, the weekly paycheck stays pretty much the same. Raises do come occasionally. So does extra money in the form of overtime, moonlighting or other supplementary activities.

Spending money is also fairly predictable. Even without budgets and cost controls, most people are usually aware of about how much they are spending, though they may not know exactly where it all seems to disappear.

There is one thing, however, that can throw a real monkey wrench into this economic balance, and that's disaster loss. What if your home were burglarized tonight, for instance? What if you returned from an evening out to find the television set missing—and the $50 emergency money you hid in the icebox or in a plastic bag in the water tank of your toilet, and those rings you inherited from your grandmother, and the stereo and the power tools in the basement? What if all that and more were missing, and the thieves had wantonly destroyed a lot of furniture and clothes in their search? How much would it cost you to replace it all? Thousands of dollars? And where would you get the money? Insurance might well cover part, but usually only a small part of the replacement cost.

Then there's the psychological cost of coming home some evening and finding the place in chaos, and perfectly valueless objects, but ones to which you had a great sentimental attachment, destroyed. Ask anyone who has been burglarized. You feel violated. You simply aren't comfortable in your home for a long, long time. And you wonder when it might happen again.

All this economic and emotional turmoil is largely preventable simply by burglarproofing your home as well as you can. A few basic precautions will make life difficult enough to discourage all but the most determined burglar, which means that your chances of being visited by one unexpectedly will probably be reduced by 90 percent or so.

First there is the matter of doors. Doors being the natural way to enter a house, a large percentage of burglars use them to get inside your house. Every exterior door should be of the solid wood or steel type, not hollow core, and the windows, if it has them, should be small. Each entrance should have a double-cylinder deadlock as well as a chain lock. In addition, the frame holding the door must be strong enough and tight enough to prevent spreading or prying, and door hinges must be inaccessible from the outside, or all your other preventive measures will come to naught.

Don't overlook the door into the garage, if that building is attached to the house. And speaking of garages, your garage doors should always be closed, whether you are at home or away. This eliminates the "Okay, the garage is empty and the car is gone, so they're not here" indicator so often used by burglars. Also, while you're working on the garage, if you store tools there, make sure they are kept in locked cabinets. The garage route is a favorite way for thieves to enter a house, and the last thing you want to do is to leave readily accessible tools to help them in their venture. As a last security measure, if your garage door has windows, consider replacing it with the solid variety. Any other windows in the garage should have curtains covering them, not because it looks cute, but because it keeps potential troublemakers from peering in and noticing all those power tools and other easily stealable valuables you've left lying around.

The second most common way for a burglar to enter a house is through the windows. Starting with the basement and working your way on up, here's how your home should be fortified. All basement windows should have ornamental bars or grilles as well as locks. A burglar can often hide in comfort behind the landscaping around basement windows and so have plenty of time to complete his work. Discourage him with this double protection.

On the first floor, all windows should have good locks of the key type. Or you can effectively "lock" the windows at next to no cost by drilling through the top of the bottom sash and the bottom of the top sash at both ends of the window,

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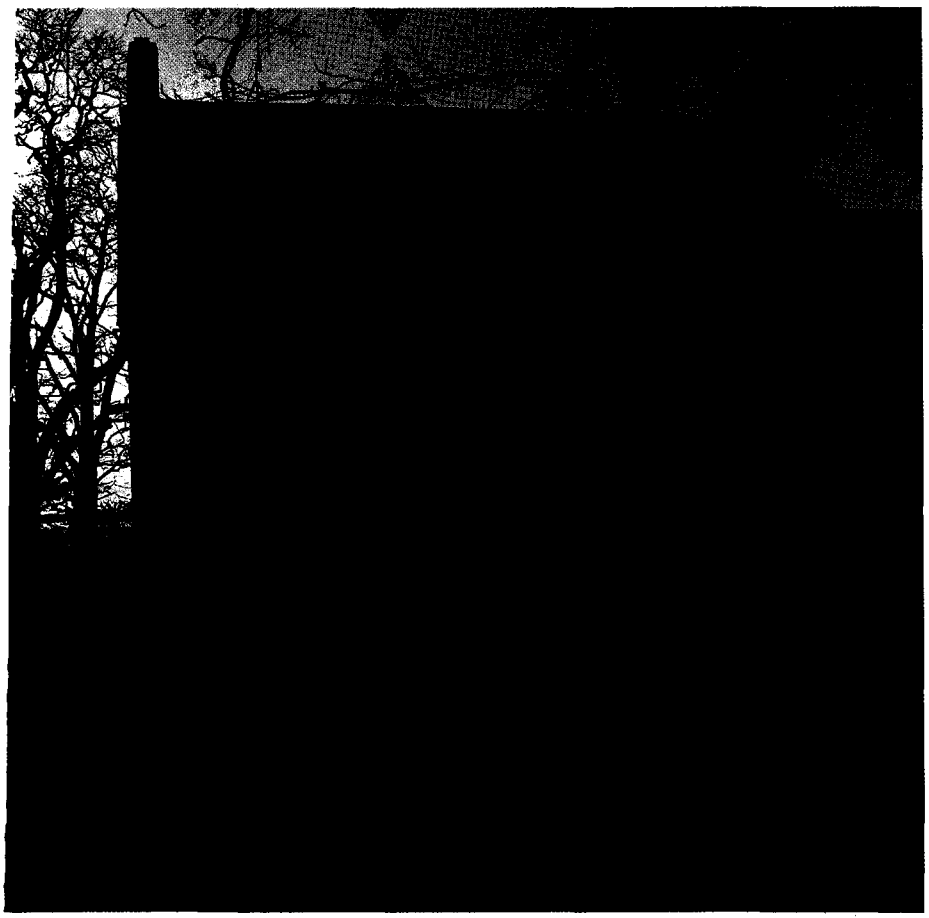

then slipping a nail into these holes to hold the sashes firmly together. Paint the nailheads to match the wood so they won't be noticeable from the outside. The pins should slide out freely, and you should make sure all the members of your family know where they are, so the windows can be opened quickly in case of fire.

Locks on the second-floor windows may hardly seem necessary, but they really are. Think of that long ladder you store in the garage for odd jobs. And notice how close the big branch from the oak that shades your bedroom actually comes to the window. Trim the branch and lock the windows. It's not a bad idea to padlock the ladder to the garage wall as well.

Remember, portable means stealable. If you buy a new televison set, get a console model if you can. Much more effort is required to move one. Being hard to get out the door quickly and inconspicuously, a large console TV is much more likely to be left behind by a thief than a portable one is.

If you have a portable now, hide it in a breakfront cabinet or someplace else where it can't be seen readily from outside through a window. Fast-snatch thieves will often scan the interior of a house from the outside to see if breaking and entering looks worthwhile.

For the same reason, a stereo should not be readily visible. This means tucking the speakers into inconspicuous corners or bookshelves as well. Burglars aren't dumb. If they see speakers, they know there's an easily resold stereo about somewhere.

One of the oldest theft tricks in the book—at least since the development of the telephone—is for the burglar to call around to houses in the neighborhood he's planning to work. If there's an answer, he hangs up without saying a word. If there's none, he prepares to come over and do some "shopping."

As much as I personally hate telephone answering machines, here's where one comes in handy. When you go out, leave a message to the effect that you will be back shortly. The thief won't know whether that means in ten minutes or that you've just left and won't be back for hours. In most cases he won't risk getting caught in the act and will stay away.

If you are going to be away for several days or more, don't forget the standard old precautions of canceling milk, mail and newspaper deliveries, as well as using a timer to turn lights and a radio on and off. Arrange for someone to mow the lawn if it's grass-growing time. Also ask your neighbor to keep an eye on the house.

I remember many years ago a moving van pulled up to the house across the street from my parents'. Professional movers in uniform loaded up the contents of the house and drove away. Everybody was a little surprised that the people were moving, since no one had heard about it. Still, those things happen. So do burglaries. In this case the people who lived there were merely away on vacation, and the "movers" were very nervy and very organized burglars.

Notify the police department of your vacation plans if you live in a community where the police patrol. Also, while you're speaking with the police, check on their attitude toward police-station-connected burglar alarms. However, be forewarned that, besides being quite expensive, in some communities these devices simply aren't effective because of the number already installed and their habit of setting off false alarms.

A less expensive and usually equally effective alarm system in suburban or city areas where neighbors are close is one that emits loud noises and flashing lights if the house or apartment is tampered with. There are do-it-yourself kits for these available on the market, though you're often better off hiring a professional, who can service the unit as well, to install such a burglar alarm.

After all is said and done, nothing will make your home completely burglarproof. On the other hand, these preventive measures will reduce the chances of an intruder greatly. So much so, in fact, that some homeowner's insurance policies will give you a reduced rate for following these procedures plus installing a smoke alarm. Check out your insurance policy. You might be saving much more than just your belongings by burglarproofing your home.

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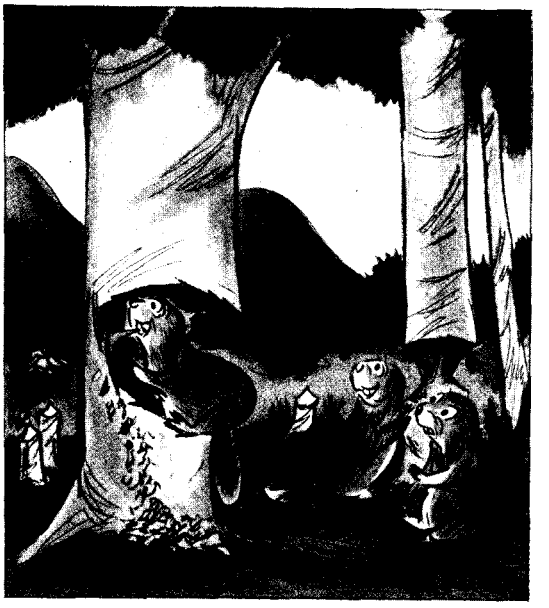
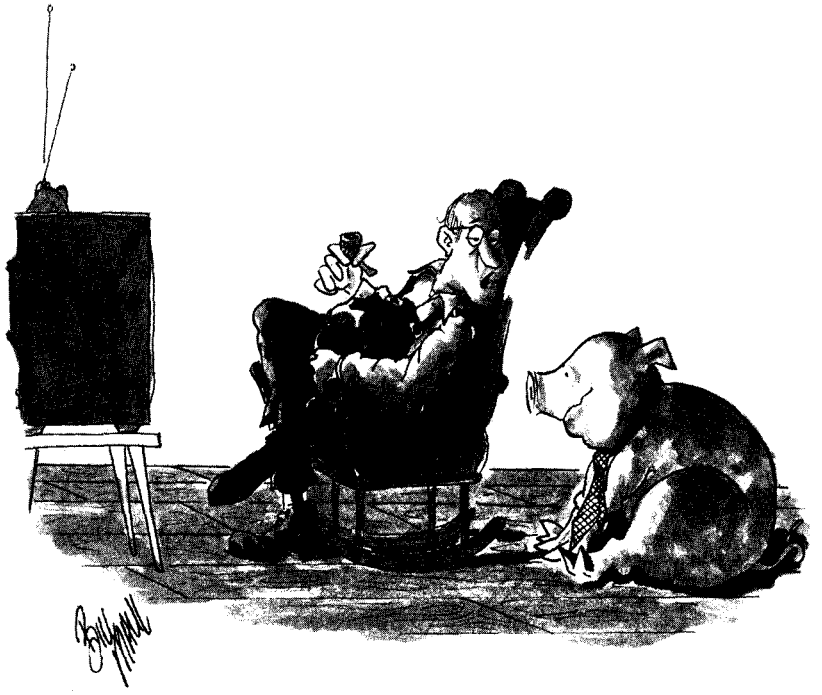
COUNTRY CAPERS



"I guess he'll just have to learn from experience!"



"You've gotta face it, boy. Miss Piggy doesn't even know you're alive."

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(Advertisement)

Is Lower Back Pain Making You An On-Again, Off-Again Cripple?

by Eugene Griffin

Read how one man freed himself from this crippling pain.

It happened aboard a Lufthansa flight to Frankfurt, Germany where I was going for a business meeting. The plane hit an air pocket and suddenly my back "went out."

If you've ever suffered from lower back pain, you know what this can mean. In my case, the stewardess *had to lead me off the plane* when we landed. "This is the first time this has happened?" she asked. When I told her no, she said:

"Oh, then you should have a Prosana Belt." She then told me she had lower back trouble, too, and without the Prosana Belt, she didn't think she could hold her job. "It practically saved my life!" she went on.

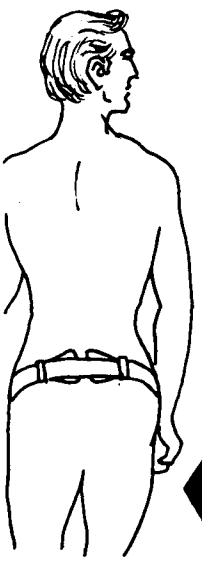
I'll be sure to get one, I told her. But what I was really thinking was how could a belt that helped her—a woman about 110 pounds—help a slightly overweight guy of six feet like me? Besides, I thought, I've tried practically everything short of an operation. So I went to my hotel room, took a hot bath, several aspirin and laid down for the night hoping for the best.

Couldn't get out of bed

The next morning the pain was worse than I could ever remember. *I had to roll out of bed onto my knees and crawl to a doorknob to get to my feet.* Again, I took a hot bath and some aspirin, but again, it didn't do much good. If I had been back home, I would have called and canceled the meeting. But here I was in Germany and scheduled for a meeting with five other businessmen *I* had set up. So there was nothing I could do but go through with it.

Lunch Included, Too!

The pain must have been apparent the moment I walked into the room because the first man I met smiled sympathetically and said, "You look like your back is bothering you." It is, I answered. "Haven't you heard of the Prosana Belt? he asked. I nodded yes. "And you don't *have* one?" he persisted. No, I said, continuing around the room, anxious only to get the meeting over with and go back home.



After the meeting, the man who asked me about the Prosana Belt suggested I join him for lunch. Since he was the key man on the deal, I accepted. But instead of driving me to the restaurant, he took me first to a surgical supply store where he bought me a Prosana Belt. I had no other choice but to put it on right there, though all I could think of after thanking him was to say, Is that it?

"That's it," he replied. " Now let us take a little walk to a nearby restaurant I know you'll enjoy."

The Most Amazing Walk Of My Life

If I had known the "little walk" was going to take almost a half hour, I never would have gone—business deal or no. But that was all part of his plan! Because by the time we reached the restaurant, *my pain was gone!* I even reached down and touched my shoelaces just to see if I wasn't imagining things. I can't believe it, I said. It's like a miracle. "Yes, I know," he answered, "I said the same thing when I first wore the Prosana Belt. Occasionally," he added, "I still say it, although any troublesome condition or pain that persists should be brought to the attention of your doctor."

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Over lunch my friend proceeded to tell me about the Prosana Belt. How it was invented by a doctor, tested and proved in hospitals and clinics; even on people so crippled with lower back pain, they had to wear steel braces! How it was, and is, used throughout Europe by tennis champions, Olympic bobsled medalists, soccer players—by all kinds of people who are constantly putting incredible strains and stresses on their backs. In fact, he concluded, its effectiveness has been so proven, *its purchase is included under Germany's national health coverage plan.*

Save $14.00! Special Free Trial Offer!

When I returned home, I told all my friends with bad backs about this marvelous belt. But when they tried to buy one, they found no one in the United States had even heard of it! So, I called my friend in Germany (incidentally, I got that order) and told him I'd like to import some Prosana Belts. He told me the cost of one *in Germany* was $44.00 in American money. Since I would have shipping costs, taxes, handling and so forth, I decided to see if I could make a special bulk importing deal with the manufacturer. And, I'm happy to add, I was able to. Yes, you can now try the Prosana Belt for only $29.95—$14.00 less than what you would pay in Germany. What's more...

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If you suffer lower back pain like me, you've probably tried every "cure" there is and so you're probably skeptical. Which is why I'm making this iron-clad, no-risk guarantee: If *you're not convinced that the Prosana Belt* relieves your lower back pain fast...that it works where other methods and devices have failed...that it lets you bend over, garden, do household chores, even play sports *pain-free*, I'll return your money *in full.*

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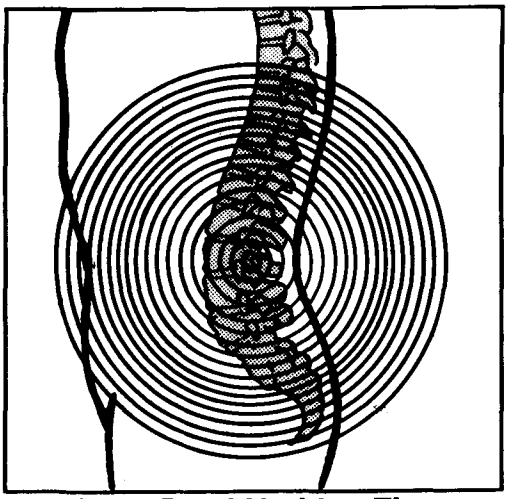

If You Read Nothing Else Read This Doctor's Report:

"I've turned from my initial skepticism, indeed rejection of the Prosana belt, to an eager proponent of it. I now have checked more than 40 cases from my practice and after studying a file with more than 100 statements, I have no doubts about the effectiveness of the belt."
Dr. Ludwig Hecht

HERE'S WHAT USERS SAY:

"I have been suffering from lower back pain for years. Nothing helped, not even a steel corset. After wearing the belt, I am freed from the pain and it has never come back."
Mr. H. Kilian, Olympic Medalist & 3-Time World Bobsled Champion

"I suffered from severe back pain caused by tennis, and since I did not want to take any medication, I have begun to wear your belt. It is hard to believe how quickly I have got rid of my back pain."
Mr. D. Sturdza, Swiss Tennis Champion

"Often I could tolerate the pain only with strong medication. The Prosana Belt has freed me from taking pills."
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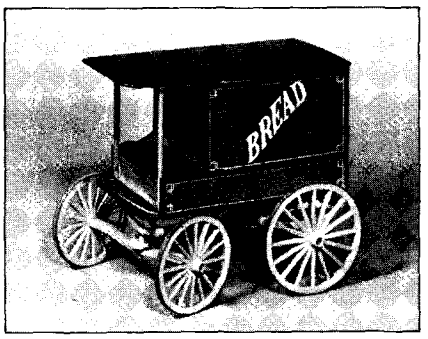

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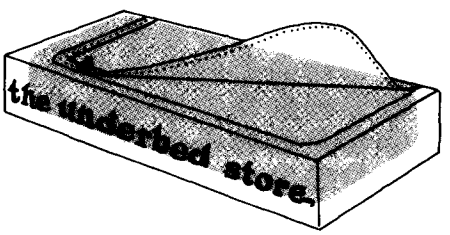

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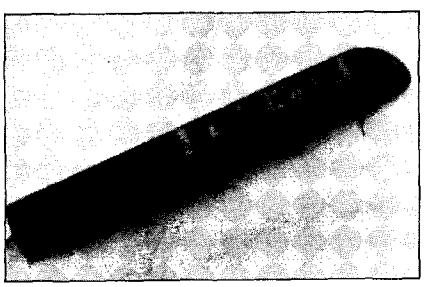

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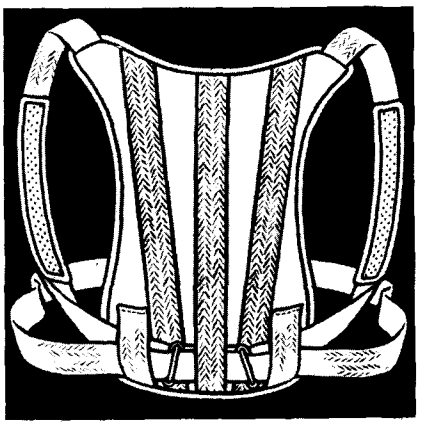

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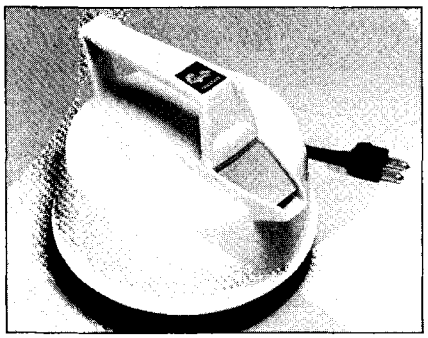

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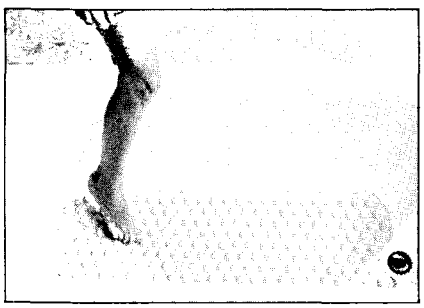

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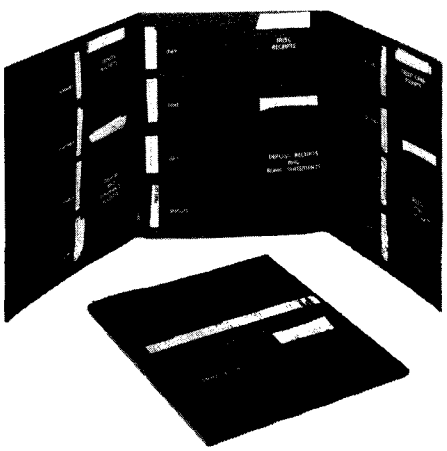

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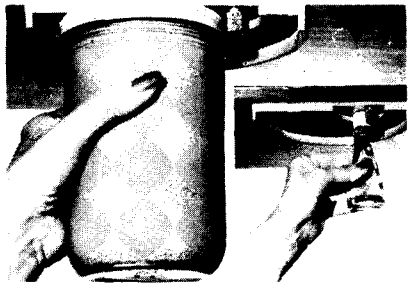

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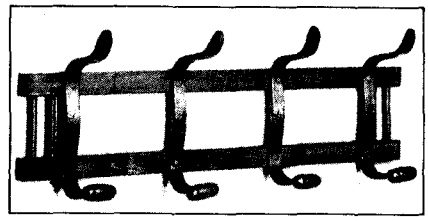

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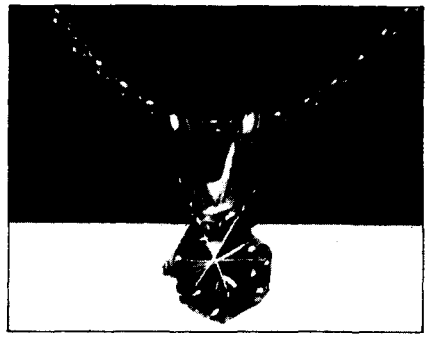

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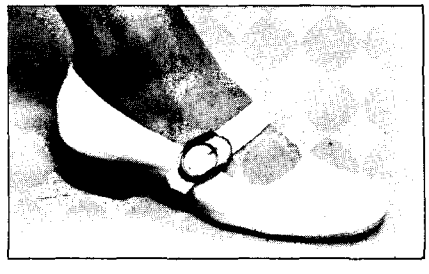

black, camel, navy or red. Combination sizes 6-10½ N/W; 5-10½ M. A useful addition to your wardrobe. $23.95 + $1.95 p&h; two for $43.90 + $2.95 p&h. Old Pueblo Traders, Dept. AAK1E, 3740 E. 34th St., Tucson, AZ 85713.

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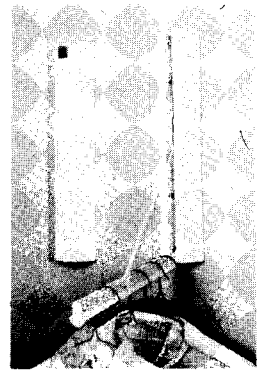

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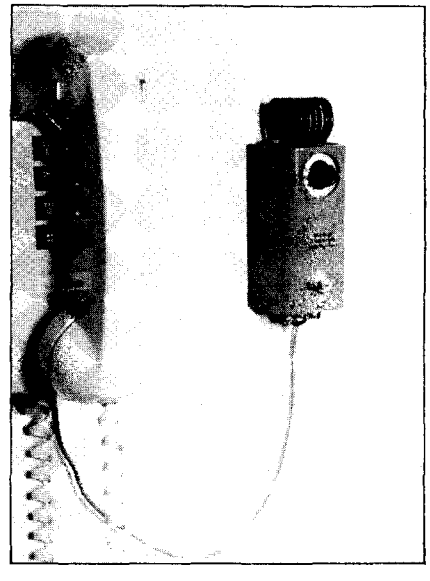

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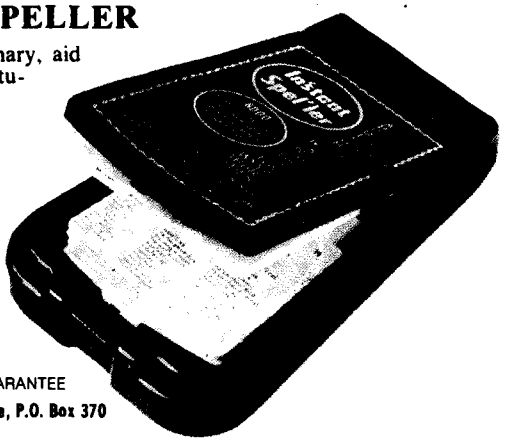

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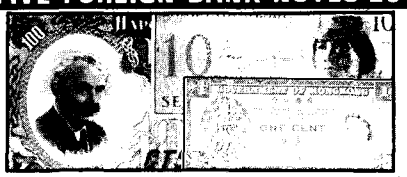

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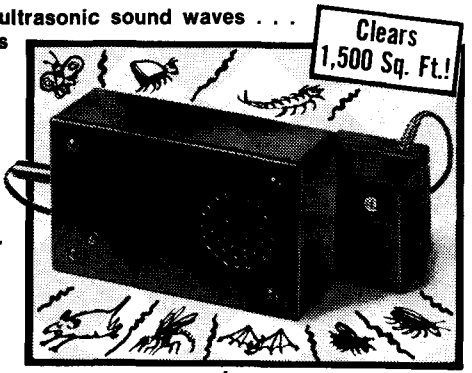

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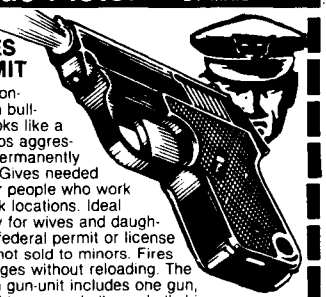

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ANTIQUE SHOPPE

Although the past summer saw a substantial drop in antique prices, you may be among the potential buyers who still can't see laying out $350,000 for a mahogany blockfront desk. Or upwards of $35,000 for a chest-on-chest. Even staples of the average antique shop may carry think-it-over price tags.

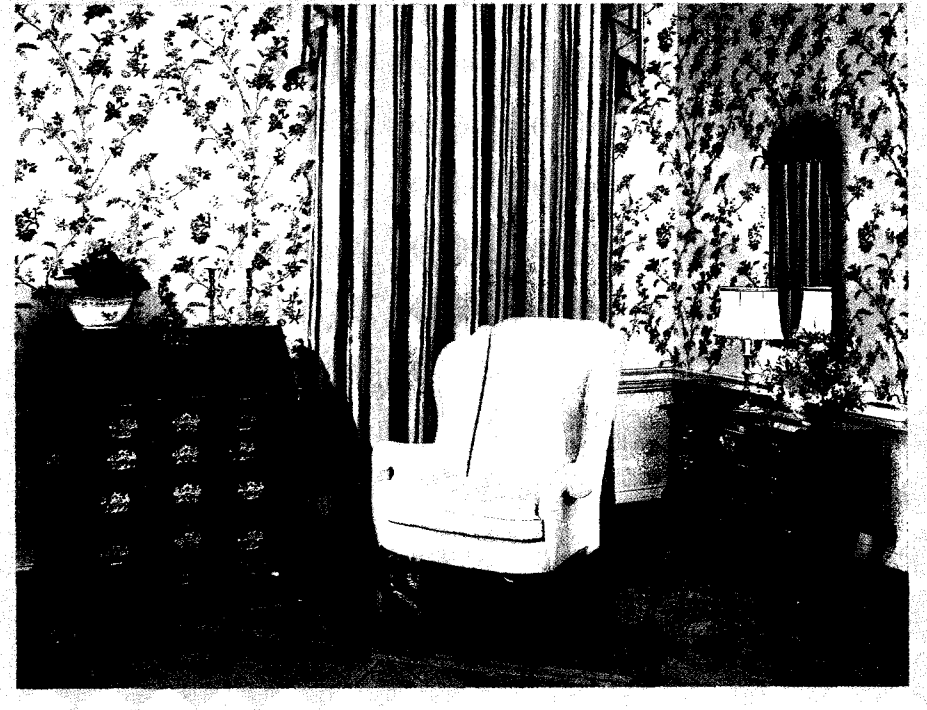
A small oak rolltop desk with paneled sides and back that sold for $1,250 two years ago, for example, still may not be down to your budget's price range at $750. A larger desk, fit to embellish the office of the boss, although reduced from $2,000 to a mere $1,200, is not mere enough for your antique allowance.

But not to worry.

The good news is that, if you are out to add the elegance of antique furniture to your home without remortgaging the house itself, thanks to antique reproductions, your rooms now can have the charm of the past without the still substantial prices of the present. Scrubbed-pine tables, blue-painted Windsor chairs, an English pine corner cabinet, a black-painted highboy—these and many more pieces are now reproduced in such precise detail as to give the casual visitor the impression that they have been handed down from your grandmother; or perhaps even *her* grandmother.

In Thomasville's new Replicas 1800 collection, besides the above pieces, you can find the unique charm of a pine sleigh bed that doubles as a sofa, a three-drawered keeping table that also serves as a desk and a gate-leg dining table that moonlights (and sunlights) as a table for books and collectibles.

Winterthur Museum, 196 rooms graced with accoutrements of the past gathered by the late Henry Francis Du Pont, has authorized the reproduction of a select number of its 4,000 furniture pieces. The selection of manufacturers, says Dr. James Morton Smith, director of this largest and most distinguished collection of American furniture and decorative pieces in the world, followed an extensive search to find the licensees best qualified to reproduce the treasures of Winterthur. Emphasis, like that of first-rate artisans in the 18th and 19th centuries, was on fine quality and fine craftsmanship.



One of the manufacturers meeting those high standards is Kindel Furniture Company of Grand Rapids, Michigan. To date, they have reproduced 18 stellar pieces from the Winterthur collection. So precise are these modern craftsmen that as many as 300 engineering drawings are required for a single piece. (As further proof that reproductions don't come easy, La Barge Mirrors, Inc., another licensee, has devised an elaborate procedure to duplicate an antique, six-panel chinoiserie screen. Although a Chinese craftsman probably finished the original in about 1,000 hours, the development of its counterpart required 2,400 hours of detailed photography, color separation, stencil preparation, painting and hand detailing.) One can only guess at the labor of love that went into the Kindel reproductions of their Newport secretary, Duncan Phyfe dining table or Chippendale bombé bureau desk.

In all, 57 furniture shops nationwide, as well as the Museum, will offer Winterthur reproductions—not furniture exclusively, but paintings, porcelains, glass objects, silver, brasses, pewter, miniatures, clocks, textiles, wallcoverings and tapestries. These are all from the "Golden Age of American Decorative Design" (1740 to 1815), an era that embraces Queen Anne, Chippendale and early federal periods, or "formal" versus "country" furnishings.

Like Winterthur, the Museum of American Folk Art, New York City, has broken tradition by committing itself to a far-reaching

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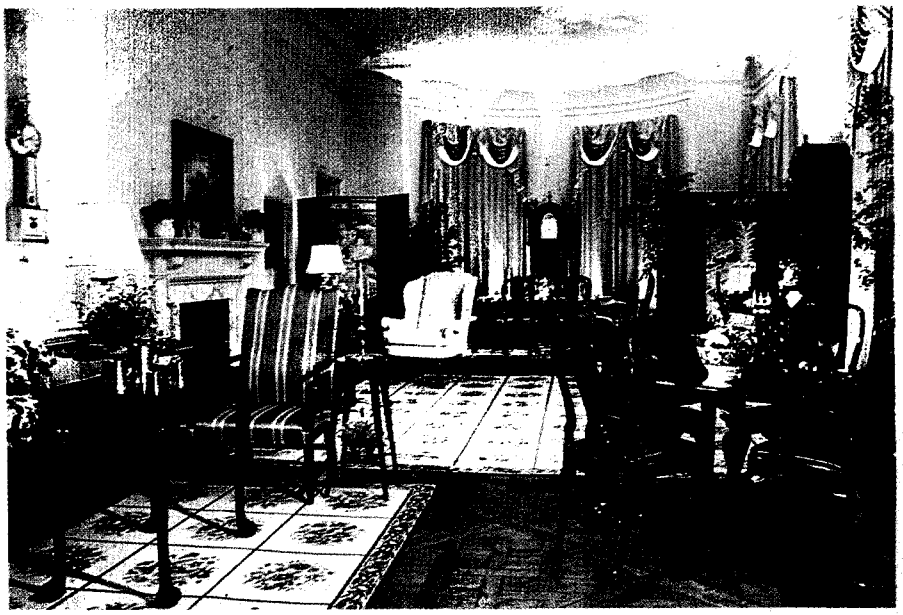

reproduction program. Lane Company is the manufacturer.

Quoting William C. Ketchum, Jr., in the June '82 *Antique Monthly*, "In keeping with the museum's mission to preserve and display art and artifacts of the common man, the pieces chosen for reproduction are the humble possessions of the average country dweller: painted dower chests, Windsor chairs, country cupboards in the rich blue, so popular among contemporary collectors. . . the collection, which will be sold by Bloomingdale's department stores throughout the United States, has a decided 19th-century look."

The Ethan Allen line today offers many fine examples of the eight basic American Traditional periods, the Heirloom Category representing a major part. Made of maple and/or birch woods, this furniture, according to their literature, is not from one specific period, but is rather a combination of Early American, Colonial and the Shaker periods. For the most part, the furniture of the Early American period (1609 to 1700) was basic utilitarian pieces such as chests, beds, tables and benches. There was little or no design for design's sake. Since there were few craftsmen in the early settlements, it was usually up to each householder to fashion whatever basic furniture he needed.

Some reproductions, as a result, are not exact. Today, beds are lower, since there is no need to be high off the cold earthen floor. Chair seats also are higher, as the average person is taller.

As for the bottom line—prices—Dr. Robert Bishop, director of the Folk Art Museum, has stated that it is the goal of his institution to offer replicas that not only represent the museum collection at their best, but also that can be sold at prices "that will enable almost anyone who loves and appreciates American folk objects and furnishings to afford them." American Collection pieces, therefore, sell for as little as $120.

Winterthur, on the other hand, is attempting to reach a more affluent market. Its prices range from $1,165 for a side chair to as much as $12,045 for a mahogany desk and bookcase.

Whatever the price, the reproduction program, if Mr. Ketchum will permit a final quote, "offers collectors an opportunity to buy well-made, faithful replicas of 18th- and 19th-century antiques that not only will provide them with pleasure and aesthetic satisfaction, but, if current prices of Colonial Revival examples are any indication, may even increase in value."

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Values of *Posts* range higher for J.C. Leyendecker and Norman Rockwell covers, especially the early covers. N.C. Wyeth covers, Grant Wood covers and those by John Clymer, Steve Dohanos and John Falter are also valuable to the *Post* museum collection. Donations are evaluated from $5 to $300 per copy, depending on the copy's condition.

The museum archives are open weekdays, 8:30 a.m.-5:30 p.m. by appointment. Send donations to:
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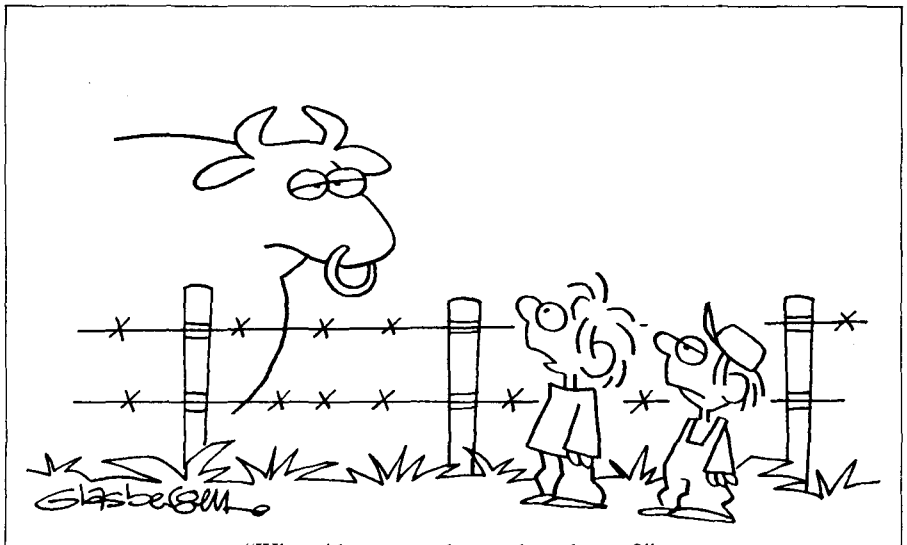

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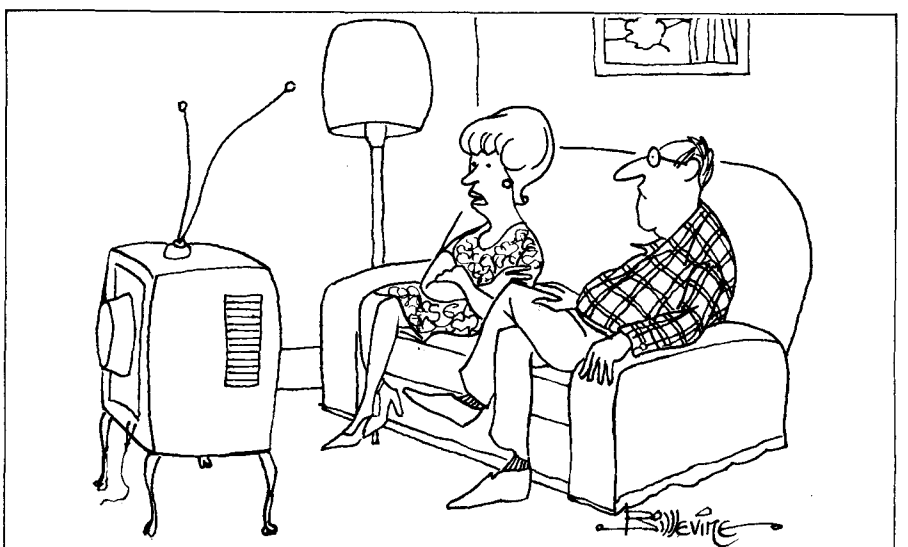

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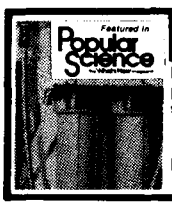

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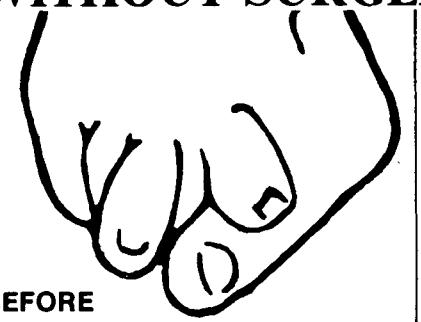

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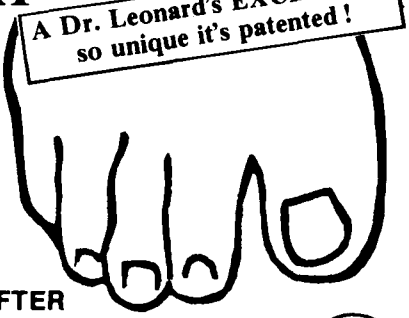

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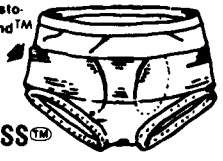

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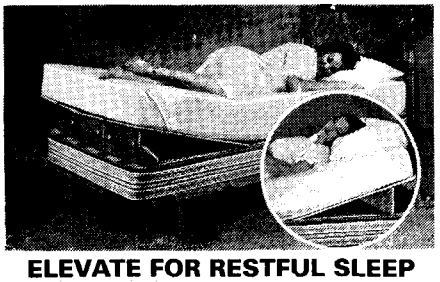

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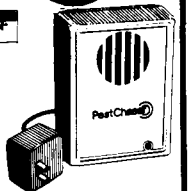

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Federal Land

continued from page 67

The last large spasm of public land-selling came in 1889, when President Benjamin Harrison proclaimed that 1,887,796 acres of the Oklahoma Territory, previously resettlement grounds for displaced Indians, was up for grabs—160 acres a shot. A motley gathering of 50,000 settlers lined up at noon on April 22, ready to race for a plot of dirt. Although the government had planned to extract a $1.25 per acre charge, it waived the fee a decade later. Only a fraction of the money had been paid.

This will not, of course, be the case this time. In fact, the Property Review Board and the GSA are considering the use of sophisticated marketing techniques, the better to get more from the sale. Private real-estate brokers may be used to assist in the sale of some selected properties; where an all-cash sale or full private financing is not possible, the government itself could provide lending power. "We would, without a doubt, be the lender of last resort," says one official. "And we'd be charging commercial rates." Moreover, the sales will be advertised far and wide.

Notices of government property sales are usually found in obscure publications, tucked in the back of a magazine or newspaper and buried in fine print. Thanks to the Property Review Board's guidelines, the GSA will henceforth be placing large ads in publications such as the *Wall Street Journal* and general circulation newspapers.

This land sale has, however, generated its share of controversy, as well as spawning some tremendous misconceptions. Many environmentalists abhor the sale of any public land. And there are some rather silly fears of Yellowstone turning into Disneystone. Some Bureau of Land Management and U.S. Forest Service property will be for sale, but it is land proximate to cities, towns and development areas, tracts that are scattered, hard-to-manage and of little use to the government—vacant land that can be put to *prosperous* use.

Much criticism has been leveled at "developers," businesses that could well buy much of the land. Development, however, creates jobs, temporary and permanent. In a time of high unemployment, any measures to improve economic activity should be most welcome.

Although businesses and developers will be major buyers, the government is nevertheless taking great pains to be evenhanded, to guarantee that everyone has an equal shot at a Camp Lonely. "We have to assure those safeguards," says the Property Review Board's Selfon.

Most sales will be handled by regional GSA offices, through either sealed bid, auction, negotiated sale or through private real-estate brokers, be it open or exclusive listing. Even exclusive brokers must heavily advertise, giving the land or buildings the maximum possible exposure.

The parcels that may soon be available run from the mundane and almost worthless to the simply spectacular. One of the latter is a 33-acre site on the northern California coast, a thrust of land on which sits the Point Sur Light Station. The Coast Guard will keep the lighthouse, and the state of California would like to lease the surrounding acres for a park or youth hostel. But with a price that could well exceed $1 million and the federal determination to get its financial due, the bidding could be as dazzling as the lighthouse's view.

One 17-acre site is the subject of a justly hot debate. It involves Ft. DeRussy in Honolulu, and the land is one of the last pieces of open space along Waikiki Beach, which is already overloaded with high-rise structures. The director of the Office of Management and Budget, David Stockman, figures the land is worth more than $220 million today—in 1905, the government bought all of Ft. DeRussy for $200,000. But since the open area is not zoned for development, and the public and governmental sentiment in Hawaii is to keep it such, a developer would have a tough time justifying the land's acquisition cost. Therefore, some Hawaiian government body may have an inside edge to the purchase.

Another blockbuster property is the old New York Assay Office, a five-story, steel-and-concrete building sitting in the heart of Manhattan. Built in 1932, it has been abandoned for nearly two years. And although it contains more than 88,000 square feet of office space, it's in

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the pricy kind of real-estate district where big buildings are torn down to make way for even bigger ones. The building alone was last assessed at more than $8 million, but that sum today could equal the value of the land underneath.

There are, however, many, many more sites with price tags within the reach of average Americans. One could find happiness around Success Lake, in California's Tulare County. Or on 8.6 acres of rural-residential land near Pine River Reservoir, in Crow Wing County, Minnesota. "A lot of tracts," explains Selfon, "are what you could call land next to the land around lakes. That is, it's back a short ways from what many people have used as recreation areas. We've been pleased to get many phone calls from the public about the availability of such parcels."

Uncle Sam now has a chance to shed some fat. And during the great American land sale of the '80s, that fat will feed more than a few citizens' desires for a piece of the country. ♜

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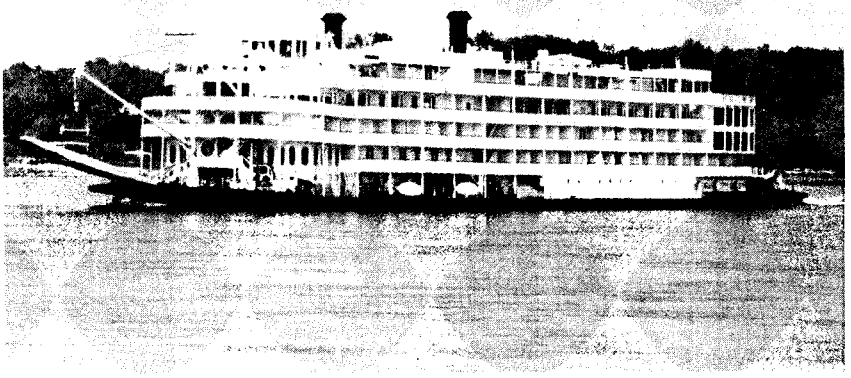

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SPAIN: THE GLORIOUS QUEST

The Romans brought wine and bridges; the Moors, high culture; the Christians, spirituality; and the gypsies, the flame of flamenco.

by Ted Kreiter

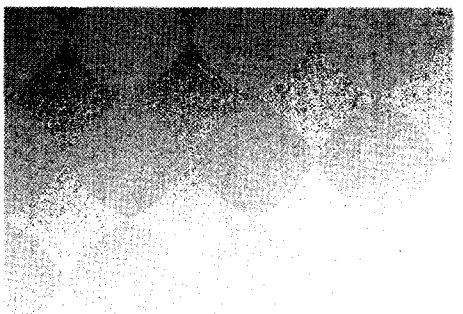
After more than 2,000 years of sometimes tumultuous occurrences, the Spanish city of Toledo is back to seminormal—physically no bigger in its historical breeches than it was 400 years ago as the seat of power in (for a short time at least) the largest empire in the world. Given the looks of this place, and the nature of men, something exciting almost *had* to happen here—the way the river Tagus, in its deep, dramatic gorge, cuts almost a full circle around the city's base—what a place for a fort! What a view! The ancient Greeks who set up shop on the balmy Spanish Coast in 500 B.C. didn't give a fig for this parched central plain of Spain, now called New Castile. They preferred to hug the coast. But the less finicky Romans moved in 200 years later and made themselves right at home. They established "Toletem" in 192 B.C., assembled walls and bridges (still in use) and planted vineyards all over the Spanish landscape.

Today, the panorama of *Toledo* from the government *parador* on a hill high above the city is one of the most oohed and ahhed about sites in Europe—and rightly so. A stonemason's nightmare of Roman hammerings, dabbled on by clumsy Visigoths, crocheted with fancy arabesques by the Moors, raised to a pinnacle (Toledo Cathedral, 1227 A.D.) by the Gothic tide from France, Toledo's fortuitous blend of stonework and brick has achieved with age the *gracia* of a sweet Spanish sangria. Within, the labyrinth of narrow streets faced with studded Moorish doors hint that the Moslems (here for 300 years) might have moved out only last week, although Christians wrested Toledo from them a thousand years ago.

Modern-day Toledoans (about 40,000 permanent residents) find refuge from sightseers behind those heavy Moorish doors, within the same shady courtyards where earlier homeowners prayed to Allah. They seem to relish whizzing through the winding alleys in their tiny cars, shocking unwary tourists back into an awareness of the 20th century. But what's to be seen here is worth the risk—the poignant little reminders of great right-angle turns of history: a patch of the original mosaic floor in the 14th-century Sinagoga del Transito. It lay hidden for centuries, ironically spared destruction by the Christian altar placed over it when Jews were expelled from Spain in 1492. The treasury deep inside Toledo Cathedral embraces among its valuables the relics of saints: flakes of bone, hair, wood splinters, nail clippings. Here lies the sword of Alphonso VI, who, aided by El Cid, recaptured Toledo from the Moors in 1085, and an enormous jewel-adorned silver gilt *custodia*, like some extravagant bowling trophy for God, which contains, it is said, the first gold brought back from the New World.

When Christian captives were freed from the Moors in the conquest of Granada (1492), Queen Isabella ordered their fetters displayed in public. The somber chains still hang from the walls of the Franciscan convent, San Juan de los Reyes, a puzzle to passersby ignorant of their history. A short walk away stands the only surviving section of the old Visigoth wall, a reminder of Rome's fall and the encroachment of that long era that has been more widely preserved in Spain than anywhere else—the Middle Ages.

Well, one can tire of the same old walls, and Philip II, who woke up to find himself the most powerful man in the world, decided in 1560 to move to a classier new suburb 44 miles to the north called Madrid. Had he not been a king, Philip might have made good as a real-estate speculator, for Madrid—giant red bull's eye of the Iberian peninsula—has attracted a population of four million plus. Despite its central location, the geographic heart of the country, Madrid has received bad marks from travel critics for a century and a half for its general paucity of Spain's most val-



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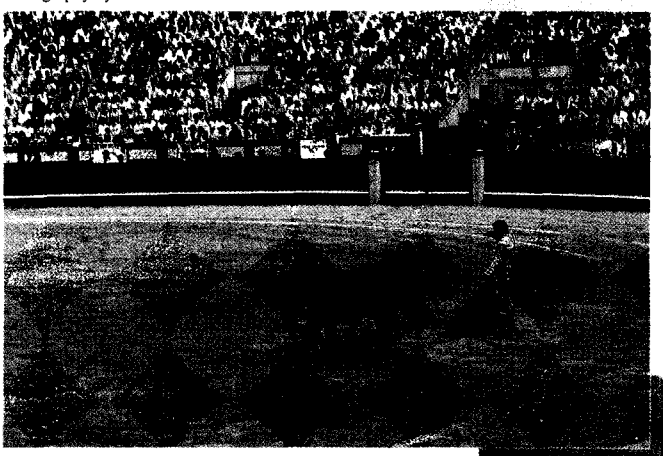

Bulls and matadors rarely see eye to eye at Madrid's high cathedral of bullfighting, the El Monumental arena.

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ued commodity—Spanishness. It's true that connoisseurs of the quaint will have to bring their magnifying glasses to Madrid. Traces of ancient Spanish history here are confined mostly to museums, but what museums! At the Prado, eminent Spanish artists El Greco, Valazquez and Goya have opened the shutters to deeper perspectives on the past than could be viewed from the windows of any medieval town. El Greco, rejected by Philip II's court, turned to painting the saintly; Valazquez, as much as adopted by Philip IV, portrayed the worldly; and Goya, in one of his masterpieces, *The Naked Maja*, reveals more of a certain landscape in Spain than most Spaniards saw in his day!

Among the many sites of old Madrid that today's visitor will never see is the old Alcazar of the house of Austria, burned down on Christmas Day, 1734. It has been replaced with a vengeance, however, by a 2,800-room smorgasbord of resplendence —the Palacio de Oriente, a palace too rich even for royal blood. The Crown of Spain, which is very plain, looks somewhat uncomfortable on its pillow here, and the present king and queen live in more modest circumstances at the Zarzuela Palace.

While the forces of modernity in Madrid have steamrolled over the physical features of old Spain, the national habits remain in full force; most prominent among them are a penchant for overeating, late dining and even later rising—all of which, as one smirking Spaniard remarked, have helped bring to Spain (in recent years) the longest life expectancy in the world. Dinner is served at nine or 10 p.m. (it may be the fifth meal of the day), and in the morning, even the ornately sculpted Cibeles and Neptune fountains don't start to fizzle until after 10 o'clock.

Spanish Gothic creativity reaches its loftiest peak in the cathedral of ancient Toledo, begun in 1226.

Men of the small town of Olite take a siesta in the shadow of the palace-castle of the Kings of Navarre.

Although Madrid's sports passion these days is soccer (one of its two spacious stadiums, the Bernabeu, as one Spaniard described it, "can entertain 70,000 fanatics" at a sitting), the true Spanish sport can be found at the Monumental de las Ventas, where on Sunday afternoons it's the bulls vs. the matadors. Madrid residents continue to frequent this bull-ring spectacle more religiously than they attend mass and always dress up for the occasion. Wine is dispensed in skin pouches; the cigar smoke is suffocating; the grace of the bullfighters is appealing, while the inevitable dispatching of the bulls and occasional piercing of more than a matador's pride is, to the unseasoned visitor, rather unsettling.

The antidote to the improvident

A windmill whiles away the centuries in La Mancha, while Don Quixote continues his quest in downtown Madrid.

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modernity of Madrid lies to the northwest through the chill Guadarrama mountains, in the land of Old Castile, where the wines combined with the history make for an intoxicating blend. There's one problem in getting here; that's to keep from being waylaid for days at the intriguing walled city of Avila or at Trajan's handsome aqueduct in Segovia. Old Castile is a breeding ground for great kings and great wines. The whites of Rueda are so pampered, the vines are covered individually during the cold season. The reds from Valladolid, especially the Vega-Sicilias, have a pedigree as convincing as Philip II, who was born there in 1527. Some are so rare only a king could afford them.

The history of all the famous and infamous who have crisscrossed this landscape would probably make for tedious reading, but it's the small notes scribbled in the margin that are interesting. At the little town of Tordesillas, Juana la Loca (the mad), rightfully queen of Spain, lived out the last 49 years of her life locked in a small cell, while her son, Charles V, Holy Roman emperor, ruled in her stead. Juana showed signs of instability even before her husband, Philip the Handsome, died. After that, she kept his coffin near her, opening it occasionally in hopes he would return to life. It is debatable who had the better view —her son Charles from the old Alcazar atop Toledo or she of the Duero River below Tordesillas.

There is hardly a sound here on a late summer afternoon. Black bereted old men lounge in the small park and play cards at the nearby tavern, just down the street from the Convent de Santa Clara. A small orange cat is the only visitor at the steps of the convent that was once a palace of Pedro the Cruel (1350-69). Pedro did not like Moors but loved their manner of living and furnished his palace accordingly in Mudejar splendor. An old Spaniard in an effete black-and-gold uniform unlocks the convent doors to reveal a stark plastered room lined with old musical instruments, fragile survivors of centuries, among them an early clavichord, a square virginal brought here by Mary of Hungary in 1560 and a 17th-century organ, which lost its pipes to a rather Philistine sacristan, who sold them to a local plumber in the 1950s. Another organ, a portable one, strikes a sadder chord. It was donated by Juana la Loca. Silent for a hundred years, it was revived for a recording in 1974, and then, by an ambiguous stroke of bureaucratic logic, it was ordered smashed.

Robert Bradford

Alonso Berruguete's "Transfiguration" sculpture sets the Renaissance mood in the choir of Toledo Cathedral.

Strike out northeastward from here and you'll eventually climb to the rocky foothills of the Pyrenees, the province of Navarre, where the gardeners have greener thumbs than those in dryer Castile. Their master creation (all a matter of individual taste, of course) may well be the plump, tender asparagus coaxed from the same soil as the rich Navarre wines. A plateful alone is worth a trip to Spain.

Those who dream of building castles in Spain (there may be room to squeeze in one or two more) will have to match towers (14 or 15 in the 16th century) with Charles the Noble's crenelated achievement, the home place of the Kings of Navarre. Built 1406-19, it put the tiny town of Olite on the list of noble neighborhoods. Fit for a king, it came complete with lion pit, aviary and rooftop gardens. Now a national *parador*, guests who make advanced reservations may stay overnight.

The two traditional pilgrim roads through the Pyrenees meet not far from here, near the small town of Puente la Reina, a stopping place for thousands on their 13th-century walk to the shrine at Santiago de Compostela. At this point, they still had a long way to go.

But the most refreshing pilgrimage modern visitors to Spain may follow, ironically, is south from Madrid, through the scalding red plain of New Castile, past countless fields baked in sunflowers and olive groves to the incomparable region where the Spain of the imagination and the real meet—La Mancha. Here, that most errant knight, Don Quixote, rode in quest of elusive glory. Seemingly little has changed in the 380 years since Quixote was just a billiant gleem in the mind of Miguel de Cervantes.

Among the numerous Quixote connections in La Mancha are the blue-doored inn at Puerto Lapice, where the don had his first adventure, and "the Knight of the Rueful countenance," as described, bears striking resemblance to a portrait of old Don Rodrigo de Pacheco, a local *hidalgo*, which hangs in the church in the small town of Argamasilla de Alba.

Despite the famous don's valiant efforts to route La Mancha's inveterate windmills, many have stood their ground, some surviving from Cervantes' day and others from centuries before. Their principal task today is to pose for cameras.

The dust of this dry region is washed down with the inexpensive and abundant acidy wine of Valdepenas which flows freely at numerous *bodegas*. It's best drunk with a nibble of Manchego cheese, the other most tasty reason for visiting Spain, next to Navarre's asparagus.

Those left wined out, dined out and possibly worn out by the impossible quest to absorb the offerings of Spain must present themselves to the practitioners of flamenco—best in some intimate club such as the Cafe de Chinitas in Madrid. There, gypsylike bands of singers and dancers take up their Moorish-inspired strains and impeccable rhythms to alternately warm their clients' spirits over cool flames of song and set them blazing through the ceiling. Genuine flamenco wields *malaguenos*, *fandangos* and *peteneras* like tempered Toledo blades to sever the ties of man from machine and leave listeners primed for the consummate enjoyment of life, which, free for export, is the principal product of Spain.

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Murder

continued from page 40

apartment.

"I wanted to see who were the people she associated with on that day," Nicholas says. "In the beginning, I cast suspicion on everyone. Gradually, I eliminated the possibilities of certain people. After talking to them, I saw there was no chance of them doing it."

The Nees leased Annette's apartment for two months after her death. They packed away the clothes from her closet, the books from her bookshelves and even the food from her refrigerator. Then they vacuumed her apartment with a new vacuum cleaner in case any evidence was among the dust. They brought everything home.

Nicholas visited Prince George's County police stations several mornings each week. He always visited detectives on the midnight shift, because they often had more time to talk than detectives working during the day. Other mornings, he walked the streets of Washington. Tough streets like Seventh and S or 14th and U, where he approached loiterers and heroin addicts.

"Would you like to make some money?" he asked.

None had information to give. One man shrugged and said Annette's boyfriend must be the killer. Another man tried to pick his pockets. One night, a group of teenagers followed him for blocks, taunting him with a morbid chant: "Someone killed your daughter, someone killed your daughter. . . ."

Nicholas took notes of every conversation, even writing down the words to the sidewalk chant. He made lists of Annette's close friends and acquaintances, eliminating them as suspects one at a time. He kept his paperwork in the bedroom, in neat stacks several feet high. Important notes he stored in a safe-deposit box at the bank. He mortgaged his house and offered a $10,000 reward for information leading to the killer.

After Sugi went back to work, she began to tell her husband her own suspicions. She would read about a religious fanatic or see an unsavory-looking man on the street and tell Nicholas that perhaps one of them was the killer.

Nicholas investigated all her hunches, even visting the church services of a religious sect in Riverdale, but he believed Sugi was being irrational. When her hunches came to nothing, he became angry, telling her she was wasting his time.

Nicholas' search was motivated by the opposites of rage and love—rage at the killer, love for his daughter. He also was motivated by his Chinese background.

"In China the children are the future," Nee says. "Anything I didn't accomplish they accomplish. So they are my proxy." Annette was most like him and most likely to accomplish great things in the world, Nicholas says. The artistic Jeannette was more like her mother.

"Every morning I have the feeling that I lost half of myself," he says. "I tell Jeannette, 'You are the only bright spot in our horizon.' "

Before the murder, Jeannette expected to become an artist. She had won numerous prizes for her art work, but she and her father argued constantly about her future.

But within months after the murder, Jeannette decided she would cause her father no more pain. At Yale University, she studied science and now plans to go to medical school next year.

"I have to achieve," she says.

Nicholas began to worry about the safety of Jeannette and even considered forbidding her to go away to college. But one day Jeannette was followed home from high school by a man in a blue car.

"Then I was one hundred percent for her going away," Nicholas says.

After her freshman year at Yale, however, Jeannette decided to move from a dorm to an apartment—a first-floor apartment next to an alley. Nicholas pleaded with her to break the lease. She refused.

So her father did things his way. He nailed bars and locks on the windows and put up heavy curtains. He installed an air conditioner in her bedroom window so she would not have to open it. He changed all the door locks and added a dead bolt. He put a doorstop on the front door that was really a siren. And just to be sure, he put another siren in Jeannette's bedroom, under the desk, with a wire running to her bed so she could press a button and produce the sound of a wailing police car.

Jeannette felt as though she were living in a dungeon. To please her father and live without bars on her windows, she leased a second-floor apartment in another building. It did not help much, because Nicholas worried that Jeannette would be trapped in a fire. He gave her a pole to break a window and a ladder to escape. Nicholas or his wife called Jeannette every other night. Occasionally, they would send her a package of tear gas or mace.

"Maybe I overdid it," Nicholas says, "but better all precautions than no precautions."

But the precautions also made Jeannette recall her sister's death, which she had tried to forget: "When he said, 'Be careful,' it just reminded me of something I had tried to sequester off. He was de-

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DIET: TAKE IT OR LIVE-IT

The Never-Say-Diet *weight saint substitutes*
live-it *for* diet *in his new pound-shedding best seller,*
the Never-Say-Diet Cookbook.

by Richard Simmons

It's the word *diet* I hate so much. How can you be fond of anything with the word *die* in it? And I've been through so much on the seven zillion diets I personally tried and tested that I really did almost die. So you and I are making a pact to eradicate the word *diet* from the vocabulary of the world.

Our substitute? *Live-It*, of course.

The Live-It is my answer to the diet. It's a lifelong sensible plan. It doesn't mean you're just "on" the Live-It and then you go back to "normal," whatever that is. That, in essence, is what's wrong with diets in the first place.

The Live-It is an entire way of life: It's a volume food plan, an exercise plan and a whole mental attitude. When you know you can take off weight and keep it off, you have a determination that will make you triumphant. That's what the Live-It is all about.

So let's take a look at the various parts of the Live-It that you're going to need to focus on while making the transition from grievous sinner (dieter) to thin and healthy. Come with me. I've got a few friends to introduce you to. They're going to change your life. And you'll be a lot happier person. I promise.

After nearly dying from fighting the fat, food guru Richard Simmons has gone from chronic dieting to a more sensible strategy for a healthier, happier, longer life.

There are certain foods that are better for you than others. So I want you to meet them, say hello, get to know their relatives and ask them to join you and your family at mealtime.

Shake Hands with Mr. and Mrs. Chicken: I sure hope you like chicken, because chicken likes you. And so do the relatives, turkey and game hen. There are a few, uh, black sheep in the family you ought to ignore—duck and goose—but on the whole, the chickens are a very nice flock of friends. Chicken provides protein, A and B vitamins, iron and calcium, and more importantly, it's low in saturated fat. Don't forget to take the skin off your little chickie bird after it's been cooked but before it's on your fork.

Meet the Meats: It's a well-known fact that red meat just isn't as good for you as chicken and fish. In fact, Americans eat far too much red meat and could all stand to cut back on the steaks and hamburgers (and the fries and the ketchup and the. . .). It's hard, I know that. There are some people who consider themselves the meat-and-potatoes type who can't even stand the thought of a day without meat, let alone a life without meat. I'm not about to tell you to become a vegetarian or to give up burgers. But I am reminding you of what you already know: Too much red meat is dangerous for you. So follow these tips when picking a Live-It meat, and remember: red meat no more than three times a week!

Choose lean cuts of meat and avoid cuts with lots of streaks of white in them. Go for shoulder, rump, chuck or eye of round. Maybe once in a while a T-bone, a sirloin or a rib steak—but not too often!

The leanest part of the lamb is the leg, the lamb steak or the sirloin chop. Somewhat fattier are the loin, rib, shoulder chop and the shank.

Avoid all pork products completely. A snitch of bacon or a bite of sausage won't kill you (on your birthday!) but don't eat pork products as part of your regular food

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plan—they're just too fatty.

Non-Live-It meats you should avoid whenever possible:

all pork	packaged luncheon meats
ground lamb	organ meats (except liver)
regular hamburger	frankfurters
duck	rib steaks
goose	

Live-It Fish Isn't Fishy: If you want to have a long, healthy and lean life, I suggest you meet several fish in the near future. Fish is great for you. Now, I don't mean those fried fish sticks that they used to serve on Fridays in the school cafeteria that you drown in tartar sauce and ketchup and lemon juice after you poked through them with a fork, searching for bones. I'm talking about nice fresh fish that is prepared simply and will make your body smile—inside and out. Of course, there are a few fishy exceptions to this rule, so please watch out for sardines, caviar, canned tuna packed in oil and canned salmon. You can substitute shellfish for meat in your food plan, except for shrimp, which should only be eaten occasionally (and fried shrimp even less occasionally).

A Pause for Pasta: People are always asking my opinion of pasta and the new fad pasta diets. Well, I have a very simple opinion of pasta. I love it. You can't live in Italy all the years I did and not come away as the Spaghetti King. And it's a funny thing about pasta, but it's one of those foods that almost everyone loves. Even kids who won't eat anything else will eat pasta. And pasta, bless its heart, loves you back. It has a lot of protein in it and is a great energy food. You just have to be really careful not to eat too much of it. Vegetable and whole-wheat pastas are the ones I recommend, and those should be eaten in moderation and prior to heavy exercise. *Do not* eat a plate of cannelloni, an entire baking dish of lasagna and some linguine with red clam sauce and then drink a few beers, watch the ball game and sack out.

Eggs Are Eggsciting: I'm not one of those people who will tell you never to eat a real egg again in your life. I just want you to know how to count. Don't eat a lot of eggs, and never eat eggs for two different meals in the same day. Eggs give great food value for the price and should be included in your food plan.

The Live-It Fruits and Vegetables: Many people find that fruits and vegetables are so good for you that they can eat unlimited quantities whenever they feel like it. They think that, instead of having a Danish for a snack, they should have a peach or two and they're being strict with themselves. That's peachy—but it's wrong. Peaches—and all fruits—have natural sugar in them, and sugar is sugar. So, to begin with, don't snack, and don't eat fruit at night. Your Live-It vegetables (avocado is a fruit not a vegetable!) should be steamed—not boiled—if you want them cooked, but can often be eaten raw in salads. And yes, you can have a potato every now and then. Just make sure it's a medium-sized potato, and don't fill it up with butter, sour cream, chives, cheese and crumbled bacon.

The salubrious lifestyle that Richard Simmons demonstrates so exuberantly on his popular TV show combines a rigorous exercise program with a volume food plan.

Dear Dairy Products: Some people think that the only way to lose weight is to subsist on cottage cheese. Well, I've got news for you. You can eat cottage cheese for the next 20 years, three times a day, and still not have a figure and self-image you're searching for. There's nothing wrong with cottage cheese, and if you like it, eat it and cook with it (the low-fat kind, please). But I don't want you to think that cottage cheese is the key to your salvation. When choosing dairy products for your family and friends, always get the simplest and plainest variety. Buy low-fat or nonfat only. If you're buying yogurt, don't think the raspberry tutti-frutti is going to be as good for you as the 99 percent fat-free plain version. I suggest you use real butter rather than margarine, but that's up to you. I just would rather have a smidgen of the real thing than some chemicals from a test tube. But don't cook with butter. If you're in need of an ice-cream treat, try ice milk. When choosing milk for your coffee, avoid half-and-half, cream and chemical substitutes and stick to low-fat or nonfat brands. Use yogurt in recipes that call for sour cream and lay back on the processed cheeses and cream cheese—consider them special treats.

Your Live-It Condiments: Despite the fact that there was a short-lived goverment proclamation that made ketchup a vegetable, I'd like to say I think ketchup is a condiment—one you shouldn't use too often. Don't get me wrong; a little of anything won't hurt you. But some people actually drown their food in ketchup or other such condiments. They say they don't like the taste of a certain food unless it's got ketchup on it, but the simple

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fact is, they haven't tasted the real food in years—if ever—because the ketchup is all that penetrates their taste buds. If you're looking for more flavor in meats, try marinating them. Don't put salt on anything without tasting it, and try to live without salt at all. Salt is taboo, there's no question about it. When you're looking for a cooking oil, go for peanut, safflower, sunflower, soy or corn oil—a polyunsaturated vegetable oil. And avoid the use of solid vegetable shortenings.

Those who would rather Live-It than diet, as Richard Simmons suggests, may find themselves lighter and better for employing the following recipes, beginning with some delicious oat masterpieces (the Live-It value of oats is just beginning to be known) and continuing to some mouthwatering main courses.

Oatcakes
(Makes 8 oatcakes)

2⅛ cups rolled oats
1 cup 100% whole-wheat flour
1 teaspoon double-acting baking powder
¼ cup margarine
Cold water to mix

Heat the oven to 350°F. Grease a baking tray. Mix together the rolled oats, flour and baking powder. Rub in the margarine and mix with enough cold water to make a firm dough. Sprinkle some oats onto a lightly floured surface, turn out the dough and knead lightly. Roll out to about ¼-inch thickness. Cut into eight, transfer to the baking tray and bake for 25 minutes, until golden brown. Cool on the tray, then transfer to a wire rack.

Oat Braid
(Makes 2½ lb. loaf)

1 teaspoon sugar
⅝ cup warm water
2 teaspoons dried yeast
2½ cups 100% whole-wheat flour
1⅞ cups rolled oats
1 teaspoon vegetable oil
⅝ cup warm milk
Milk to glaze

Dissolve the sugar in the water, then sprinkle on the yeast. Leave in a warm place for 10 to 15 minutes until frothy. Mix together the flour and oats, make a well in the center and pour in the yeast liquid and the oil. Stir well, then gradually pour in the milk, using just enough to give a soft but not sticky dough. Turn the dough on to a lightly floured surface and knead for about 10 minutes, until smooth and elastic. Wrap loosely in greased polythene and leave in a warm place until doubled in size. Heat the oven to 400°F. Grease and warm a baking tray. Turn the dough on to a lightly floured surface and knead it for about 5 minutes. Divide the dough into three and shape into a braid. Place on the baking tray, cover loosely with greased polythene and leave in a warm place until doubled in size. Brush with milk and sprinkle with a few oats. Bake for approximately 30 minutes, or until the loaf sounds hollow when tapped underneath.

Dinner Frittata
(Makes 3 to 4 servings)

1 teaspoon cooking oil
1 small white onion, diced
½ cup thinly sliced zucchini
½ cup thinly sliced fresh mushrooms
Egg substitute (equivalent of 4 eggs)
¼ cup nonfat milk
½ cup wheat-bran cereal
¼ cup sliced black olives
½ cup diced cooked turkey or chicken
¼ cup diced mozzarella
¼ cup Parmesan cheese, grated
Butter or margarine

Heat the oil in a skillet and sauté the onion, zucchini and mushrooms until the onion is translucent but not brown. In a large mixing bowl, stir egg substitute into the milk and bran. Add the sautéed vegetables, the olives, turkey or chicken and cheeses. Stir well. Melt 1 or 2 tablespoons butter or margarine in a large, smooth skillet or omelet pan. Pour in the egg mixture and cook over medium heat until the egg substitute is set but not browned on the bottom. Cautiously turn the omelet and cook the second side. (An easy way to turn the omelet: Slide it out of the skillet onto a large plate; then tip the plate so that it goes back into the skillet with the uncooked side down.) Turn out of the pan onto a serving dish and cut into six or eight wedges.

Herbed Spaghetti
(Makes 3 to 4 small servings)

8 ounces whole-wheat or other spaghetti
Water
3 tablespoons butter or margarine
2 tablespoons mixed chopped fresh herbs (2 tablespoons parsley, 2 teaspoons chives, 1 teaspoon basil, 1 teaspoon tarragon)

Cook the spaghetti in a large kettle of boiling water until just tender (8 to 10 minutes for wholewheat spaghetti). Drain the spaghetti, then return it to the saucepan with the butter or margarine and the suggested herbs or those of your own choosing. Mix well and serve.

"Darling! It's the committee to select the ten best-dressed women of the year!"

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Lincoln

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President's personal diary fail to substantiate these claims.

Another story from a member of the New York Avenue Presbyterian Church quotes Pastor Gurley as saying that Lincoln had every intention of affiliating with the congregation as a member on the Easter Sunday following the Civil War. Again, official records do not confirm this.

Even if this last story were true, we shall never know. As that Easter day dawned, Americans were weeping for their fallen leader who, on Good Friday, attended Ford's Theater and was torn away from our nation by an assassin's bullet.

Was Abraham Lincoln a Christian? For those who believe that Christianity equates itself solely with church membership, the book is closed. For others, his demonstrated faith in the Lord was enough.

Yet there remain unanswered questions about his faith that only serve to enhance the mystery—one that can be solved only by Lincoln's "commander in chief."

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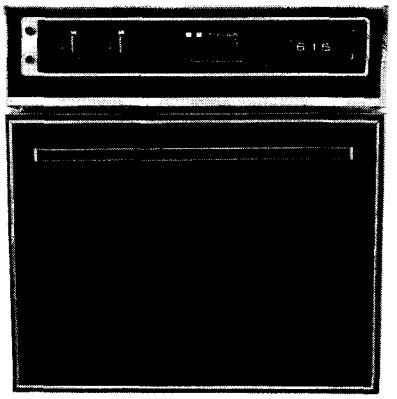

For example, it has self-cleaning so it cleans itself automatically in three hours. A flick of a switch converts it from a conventional radiant oven to a convection oven. Inside, there's enough room to cook on three racks at the same time, or roast a 24 lb. turkey.

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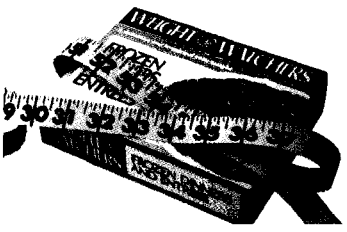

DIETERS NEVER HAD IT SO GOOD.

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Sick & Sorrowful

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canned dog food by the case and dry dog food by the 50-pound sack. In gratitude, she has dug for moles until our front lawn could be turned into a clay tennis court without much effort. She keeps our garden and flower beds mulched with crow carcasses, cow skulls, chicken wings and selected chunks of debris from the trash burner. Although she has done her best to keep the hens (developed from those "sweet little baby chicks" the store had left over from Easter) out of the garden, to date she has managed to kill only three.

But things could be worse. And they are.

Going by the number of male callers lately, our dog must be a shoo-in for the title of Miss Congeniality of Owen County. My nights are now devoted mainly to discouraging the most ardent admirers from voting for her. The remainder of my nights go toward divesting my pajamas of cocklebur and my toes of thistles.

Keeping her shut in at night is like trying to sleep in the center cage at the dog pound. Tying her to the picnic table and leaving the porch light on is no improvement. This not only cost me a new picnic table but a trash burner as well, the old one being wiped out by the picnic table when she made her mad dash to welcome a timid caller.

To be honest, an 80-pound daughter with a 70-pound heart has its compensations. Our latest batch of kittens really is cute. And sometimes they get the attention of the puppies away from chewing on the rug. The dog finally has gotten down to business about digging the woodchuck out from under the house, and I'm using the dirt to fill in the holes made by the donkeys in their attempts to break the lamb's other leg when Shari brings it up for an airing. The pony with stringhalt that Shari said would be a steadying influence on the donkeys, come to find out, is not mean, as I first thought. His attempts to bite off my ear when I feed him, she says, are simply a sign of affection. He must love me dearly.

One of my city friends asked me the other day what we did for excitement in our little town of Freedom. Well, at the moment, the brush goat is headed for the woods with my pants that were drying on the line after I'd gone into the pond to rescue the lamb that had fallen off the old picnic table that Shari was using as a raft to give him some R & R. My credit cards and the car keys are in the pockets.

That should pretty well answer his question.

"He was demonstrating the properties of hydrogen for his students."

Movers & Shakers

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ences, he suggested, frequently come as "intuitive flashes" in addition to all the painstaking observation and calculation. Quakers, by their habits of quiet meditation, might have conditioned themselves more than most to receive "creative flashes."

A simpler explanation for this phenomenon is that the Quakers, perhaps better than members of most denominations, have been able to avoid the destructive battles often waged between science and religion. With their resistance to a professional clergy, many Quaker scientists have also served as ministers, and many Quaker professors have also been preachers.

Although not many Quaker meeting houses have their own adjoining elementary and secondary schools any longer, the role of Friends in operating educational institutions is still striking. Sidwell Friends, a day school in Washington, D.C., with classes from the prekindergarten through high school, is highly regarded by its multiracial, interfaith constituency. Two Quaker preparatory boarding schools, Westtown and George School, each with extensive grounds in rural settings in eastern Pennsylvania, are noted for their high records in the placement of their graduates in elite colleges and universities—and for their earnest teaching of social values. Other Quaker schools operate in Philadelphia, New York and Providence. One of the most academically effective Quaker boarding schools is small, farm-based Scattergood, just outside the village of West Branch, Iowa, where Herbert Hoover was born and is buried. Recently established Quaker schools can be found in places such as downtown Detroit, Honolulu, the mountains of western North Carolina, rural New Hampshire and in areas of both northern and southern California.

Quaker colleges continue to thrive, although, because of their extensive curricula and appeal to a variety of students, hardly a one of them draws as many as a third of its students from the Society of Friends. Each school differs in academic program, lifestyle and degree of relatedness to some regional Friends group; yet they all proudly describe themselves as Quaker colleges: Haverford and Swarthmore in Pennsylvania, Guilford in North Carolina, Wilmington and Malone in Ohio, Earlham in Indiana, William Penn in Iowa, Friends University in Kansas, Whittier in California and George Fox in Oregon. The only Quaker college founded in the past 25 years is a rather radically experimental institution, Friends World College, with its home base on Long Island, New York. Today the school has branch campuses in a half-dozen countries around the world.

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Murder

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stroying whatever stability I had tried to build up."

In an attempt to regain it, Jeannette began taking risks. She walked home alone from the library at night, instead of taking the shuttle bus. She went to the movies alone at night against her parents' wishes. "I was just trying to negate what they were doing," she says.

During all of this, Nicholas kept his daughter informed of any developments in the murder case of Annette. The break finally came in 1977 when George Dewey Robinson, in prison for burglary, confided his secret to a fellow inmate. "He said the homicide was on his mind," the inmate testified two months ago in a Prince George's County courtroom, "and he could not forget the expression on the girl's face when the pistol went off."

Sugi Nee, followed by Jeannette, left the courtroom in tears.

At home, Annette's room is exactly as it was when she left for college, with the big red lollipop from Ocean City over her mirror, her slippers at the side of her bed. The food from her apartment refrigerator is still in the freezer. The dust from her apartment is still in the vacuum cleaner.

Annette's station wagon—which won't start—is in the carport. Monthly statements from her Equitable Trust Bank checking and savings accounts, which the Nees never closed, continue to arrive, and the $1,000 in her savings account has earned $270 in interest since her death.

Nicholas spends much of his free time writing to politicians, urging tougher law enforcement and mandatory sentences for the use of handguns. Sugi goes to Parklawn Memorial Cemetery on all holidays and every July 9, Annette's birthday. She still goes into Annette's bedroom, rearranges the books on the desk, sits on the bed and cries. The marriage of Sugi and Nicholas, wrenched by guilt and obsession, is without affection.

"We stay together for pure economic reasons," Nicholas says, as his wife sits across from him at the breakfast table. "We have to send our daughter to medical college."

Jeannette works as an emergency room aide in a New Haven, Connecticut, hospital, while she waits to enter medical school. Whenever she sees someone die, she thinks of her sister. Lifesavers, a favorite candy of Annette's, always conjure up her image.

And Jeannette and her father continue to argue about her safety. Last week, she told him she was staying at a friend's house while her friend was on vacation. Nicholas asked her to call. Jeannette refused.

"I don't want to use her phone for a long-distance call," she said.

"Call collect," he answered.

"No, it's more expensive that way."

"Two dollars," Nicholas said, "is worth my peace of mind."

Editor's note: Several months ago, a year after this story originally was published, Jeannette Nee entered a medical school in New York City. Nicholas and Sugi still live in their home in Gaithersburg, Maryland, and George Robinson, convicted of the murder of Annette Nee, was sentenced to life in prison by Circuit Court Judge Howard S. Chasanow. Robinson will be eligible for parole in 11 years, assuming he gets time off for good behavior.

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Powers

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"people emphasize numbers as excuses for anything. My mother [whose name is Julie and who lives with Stefanie] is 70, and she's living proof that numbers appeal only to those people who believe in them!

Certainly, for any age, Stefanie Powers is a stunning woman: 5 foot, 6½ inches tall, 117 pounds and that extraordinary face, with its huge hazel eyes, framed by a billowing mane of auburn hair.

A Catholic by baptism, Powers doesn't follow a particular religion, although she does go to mass "from time to time." Speaking of Catholicism, she notes, "I think it is one of the great religions, like Buddhism and Taoism—all with wonderful thoughts and beliefs. I can't believe they don't have a real value. Certainly, faith has a great value, maybe because it's bigger than you are."

Of particular concern to her, though, is the inability of many to put their lives in perspective. "I wish we paid more attention to history," she sighs. "I believe very much that people should have a view of changes and not live just for the moment. Everyone's life has a part in the past, a part in the present and a part in the future. One can't just live solely for now."

"Hart to Hart" propelled Stefanie Powers in just three years from being a familiar face to being one of the best-known and best-liked stars in the world. Still, it's only a television show, and even the most successful have a limited lifetime—at best a rather ephemeral commitment for which one, seemingly, renounces love, motherhood and the host of other relationships that constitute the fabric of most people's lives. She is certainly aware of this and seems, at times, to hope all the fame will leave her to enjoy living a more normal life.

Then, too, memories of a career that, for two decades, promised so much and returned relatively little of lasting importance must also be on her mind when she adds, "Given a proper perspective, I'm very grateful for 'Hart to Hart.' But I can't believe it will be a fixture in my life—certainly not at its present importance.

"Now, don't think that by saying that I'm designing my life for failure, but everything comes and goes. Life is, ultimately, the most important thing—living and the wonderful adventure of it all."

Ideel

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Head Assistant. Even he ain't never noticed it's too dark. Me? It shows I could be 25 years a art dealer and still got something to learn. It's mirackalous!"

He removed the landscape, set it against a wall; and Howard, inwardly upset by the doctor's degree just conferred upon him, placed the Follower upon the easel.

"There!" Mr. Rumbin cried. "My great El Greco. You like?"

"Murder, no!" Mrs. Hollins said. "I should say not!"

Mr. Rumbin's enthusiasm for her was unbounded. He appealed to Howard passionately. "Didn't I tell you she's a collector? Simply, it's proved!"

Howard intelligently returned to the stock room, came back to the Galleries bringing the third picture of the program, not the second. The new offering was an aged wooden panel with a surface of colors once violent, but now dulled into a dingy harmony.

"Adoration of the Magi by a Pupil of the Master of the Holy Kinship of Cologne." Standing beside the easel, Rumbin moved his right thumb in exquisite curves as though using it to repaint the ancient picture. "Them Madonna's robes! Sweetness! Them beards on the Wise Men! Macknificent Flemish influenced prim——"

"Not as a gift!" Mrs. Hollins said. "You must think I'm crazy." She looked at a diamond-bordered wrist watch. "Listen. Kingsford J. and I're going on a three weeks' motor trip tomorrow; I can't sit around here all day."

"Mrs. Kingsford J. Hollins," Rumbin said, in a low and breathless voice, "it makes me feel senseless. Simply, it shows a *grande dame* can be also a connoisseur. One look and you recognized a Flemish influenced primitive ain't tasteful in your apartment. Ah, but wait!" He became dramatically commanding. "Bring my great Rosa Bonheur!"

"Yes, sir," Howard said, and turned to go; but, behind Mrs. Hollins' chair, Rumbin strode to him, whispered fiercely,

"Ask Georchie!"

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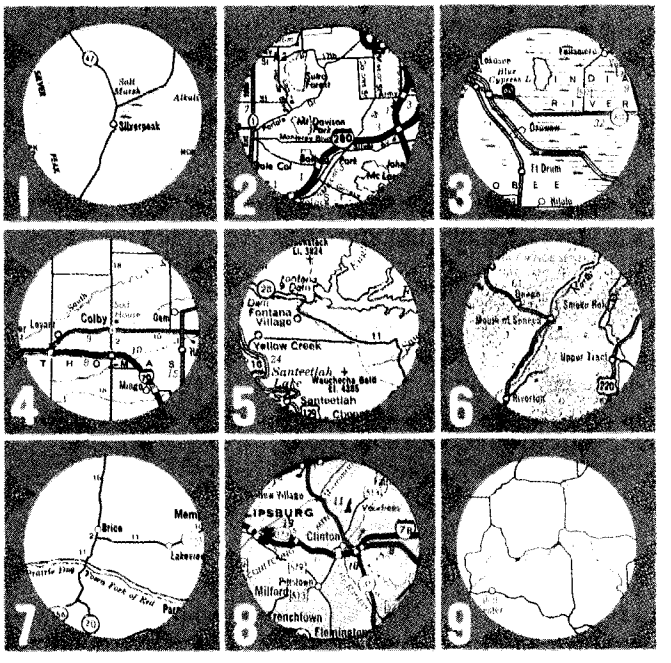

Rand McNally

Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state or province. In terms of routes, state parks, mountains and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend find the game too easy (but you won't), add the requirement that you place the area, north, south, east, west or central in the designated locale.

(Answers on page 108)

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If you are tired of the yo-yo effect and concerned about your weight you may be interested in a new "will power diet tablet" now being offered to the public by The Health Energetic Corp.

This unique tablet was specifically developed by a group of leading nutritionists solely for the purpose of helping people who have tried other methods without success but are very serious about losing weight. It should not be used by people who only need to lose 5 or 6 pounds or those who are not highly motivated. It contains a blend of ingredients that have been scientifically formulated to supercharge your energy level and, at the same time, decrease your hunger.

Why can these "willpower diet tablets" help you succeed when so many other systems have failed you? Because, in a world full of gimmicks, it's a major breakthrough. A weight loss plan that works on your hunger biologically and psychologically.

This powerful combination of tablets is being sold with a weight reduction program that has been protected by U.S. copyright law. Together, these elements are so effective that the company refuses to advertise the results!

"Why should I?" says Leo Daboub, President of The Health Energetic Corp. "If I start telling people how they can lose up to 7 pounds in the first 48 hours and then continue to blast off their excess body fat faster, even if they were running 14 miles every day, nobody would believe me anyway!"

Therefore, instead of making dramatic claims or empty promises like this, Mr. Daboub is offering a legally binding iron-clad guarantee.

The guarantee is simple. Here is the way it works. If you order the product and use it as directed for a trial period of 45-days, you must be 100% satisfied with your rapid weight loss or you are entitled to a refund of *DOUBLE* your entire purchase price. There are no exceptions. This guarantee is iron-clad and legally binding, regardless of your current weight level or how long you have been overweight. All that is required is that you follow the simple instructions and give the reduction program an honest chance to work for the full trial period.

However, because of the nature of this special offer, we can only guarantee delivery to the readers of this publication who respond within the next 10-days. After that, orders will be filed on a "first come first served" basis as long as supplies last.

Here is something else you should know. Even though The Energetic Weight Reduction tablets are quite powerful and effective, they are 100% safe. They can be taken over prolonged periods of time. As a matter of fact, this is one of the very few diet aids that a U.S. government panel of medical and scientific experts approved as an active ingredient for appetite control and weight loss. Besides, it is not required to have a warning on the label!

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Ideel

continued from page 96

Instantly the dealer turned smiling to his client. Howard went out to the shop and approached Miss Horne. "I think he must be mixing up the program. He told me to bring his great Rosa Bonheur."

"It's the side of a house; you'll need help," she said. "Come on."

She led the way into the stock room, and there went to an enormous picture, the largest of those that leaned, backs outward, against the wall.

"What's he want to show her this one for?" he asked. "She's beginning to be pretty sore; why doesn't he spring the one that he really wants her to buy?"

"He's still preparing her mind for that climax. He knows, of course, she'll say this Rosa Bonheur is preposterously too large; that's just what he wants her to say. Then he'll suddenly show her the Clouet, the portrait of a handsome Valois gentleman in jewels and velvet."

"Clouet? He was French, wasn't he?"

"Flemish and French," Miss Horne said, continuing to wipe the great gilt frame. "Of course, there aren't more than 10 or 11 fairly certain Clouets—the French Revolution wiped out so many records and pictures, too, you see—but likely enough one of the Clouets painted Mr. Rumbin's Clouet."

"One of them? One of the——"

"Yes, or one of the shop staff of one of the Clouets. Of course, though, it just might be a 16th-century police portrait."

"Sixteenth cen——" Howard looked at the shelves laden with baffling and oppressive pictures.

She gave him a glance in which there may have been some compassion; then was brisk. "You'll pick up a good deal from Mr. Rumbin—if you stay. We'd better be getting ahead with the Rosa Bonheur."

One at each end of the heavy picture, they lifted it, carried it from the stock room and across the shop. Near the door of the Galleries she whispered, "Stop here," and the two stood still. Mr. Rumbin could be heard speaking appetizingly of paintings of animals—of Paulus Potter's immortal bull, of superb cows by Troyon, of Monticelli's jeweled fowls, or mellow cats by Nicolas Maas, of splendid goats by Salvator Rosa.

Miss Georgina Horne coughed rather loudly; her employer interrupted himself. "Ah! She arrive', my great Rosa Bonheur!"

He came hurrying forth, took Miss Horne's place; and then, as he and his assistant brought their burden into the Galleries and placed it before Mrs. Hollins, reproached him gaily. "Ah, these young *Herr Doktors!* Never should you lift such a picture alone! Why didn't you call Schmidt or Raoul to help you?"

"Sir?"

"Never mind," Rumbin said hastily. "She's too pig to go on the easel, set her down on the floor; we each hold her up at a corner. There! Mrs. Kingsford J. Hollins, the greatest of all animal painters, Rosa Bonheur! You seen her works in the Louvre, in the Metropolitan. I ask you as a connoisseur, which? Them or this, which?" He used his free thumb as if repainting again. "This left ear of this horse! That little passage here! Organization! Seven horses—four great grand foreground horses putty near life size, and t'ree behind in the background—altogedda seven horses. Action! Simply, it's majesty!"

"Listen!" she said. "Why didn't you show this one to me in the first place? I got an uncle used to have horses like that on his stock farm. I always did like horses. Yes, sir; that's a right good picture." She nodded decisively. "I'll take that one," she said.

"Madame?" Mr. Rumbin stared at her, chopfallen. "You say—you say you wish to acquire this great pig Rosa Bonheur?"

"I'll take it," she said, rising. "I'll take it if you can find a nice place for it in my apartment. Send it up this afternoon." She turned to Howard amiably: "Doctor Um, do you mind telling my chauffeur to bring up the car?"

Howard went out to the street and found a glossy cream-colored touring car already before the door. He spoke to the chauffeur, who descended and stood by. Mrs. Hollins came from the shop; Rumbin accompanied her, voluble upon the lifelong joy she'd have in her great Rosa Bonheur and the honor her visit had done him. Bowing from where his waist should have been, he kissed her gloved hand, bowed her into the car and bowed thrice again as it moved away. Then, with a stricken face, he rapidly preceded his assistant into the shop.

"Georchie!" he cried hoarsely to Miss Horne, who was replacing the Italianate Dutch landscape in the window. "Georchie, complete havoc she knocked out of the program! The Clouet she never even see, buys the Rosa Bonheur, never asks the price. I'm ruined!"

(To be concluded in March issue)

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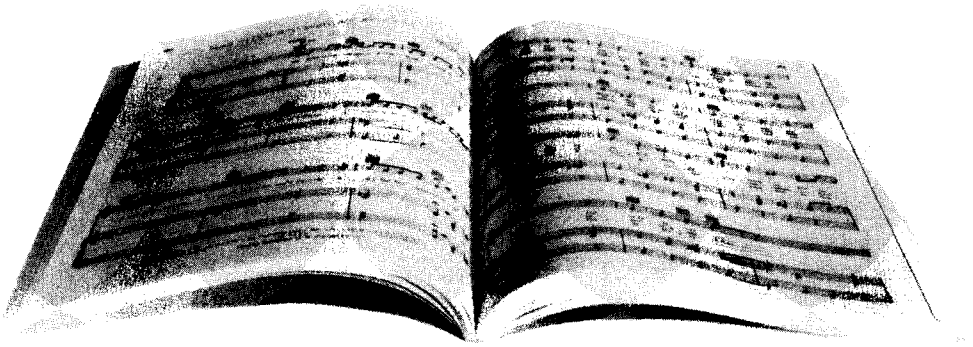

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Book Scandal

continued from page 59

anything and do just about anything you want as long as you don't believe in traditional Judeo-Christian teachings and ethics or do something so absolutely outrageous as to take the teachings of the Bible seriously, let alone literally.

There are, of course, exceptions, but their appearance occurs so infrequently that they do nothing more than draw attention to the rule. While Christians have failed to contribute to the arts as much as they should have in recent years, there are again far more talented Christian writers, artists, filmmakers, dancers and musicians than there would appear to be from the slim recognition they are given by a secularist, pagan, provincial elite.

The liberal humanist often pretends in his art to be making "radical statements" and delivering society from the "old taboos." In fact, he just mirrors the prevailing consensus, his views, strangely enough, having been accepted by the establishment. Therefore, liberal humanistic art today, under the mantle of radicalism, is, in fact, the establishment. The Christian in the arts is the true revolutionary and outsider. He does not represent the old order but a new departure.

Ironically, the secularist art world cannot live by its standards. By and large, it ignores present-day Christian artistic contributions; nevertheless, it finds its own artistic productions devoid of substance and turns to the past for nourishment.

Imagine a world in which all the music composed before the 20th century would not be played. Imagine a world in which all pre-20th-century painting and sculpture would not exist. Imagine a world in which all literary texts before 1908 would be suppressed.

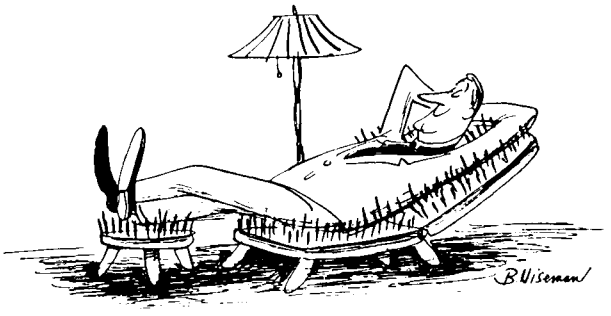
Of Western man's great achievements in the arts, only the Greek and Roman classics and some of the works of the Enlightenment would be left if we ruled out the creations of those who either were personally Christian or at least lived within the Judeo-Christian framework, accepting it as a matter of course. For example, Shakespeare can hardly be considered a fundamentalist, but more significantly, the moral vision of his plays depends utterly on Christianity.

It is not as though the artwork of Christians through the centuries does not provide a clear testimony. C.S. Lewis came to Christianity partially through confronting the division between his aesthetic and moral life. He began to wonder why, while he rejected all things Christian, his favorite literary figures from Milton onwards were believers, and at the same time, those with whom he tended to agree philosophically produced literature he could not bear. He had the guts and open-mindedness and the true liberality to pursue such a line of thought and inquiry. This led him inevitably to Christianity. Unhappily, most figures in the arts today do not have such an open mind. The example of Lewis shows how few take the path right before them to ultimate truth.

It is time for those who are Christian to reassert themselves in the arts. And it is time for the Christian community to back them. We must fill people's imaginations with the images of the Christian vision. The arts and media must be a focal point for protest against the pagan world that has come upon us, while we have had our Christian heads in the sand of "spirituality."

Fight for a fair hearing. Fight to overcome the secularist bigotry. Fight for life and the right of *all* to live. Fight to give the Christian voice new and positive images.

To my fellow workers in the arts, I say, create, strive for excellence and, above all, never be silent!



The Perfect Squelch

The missionary, a handsome, solemn-faced man, habitually wore a martyred expression. Apparently, he identified himself with the early martyrs of religion. Even in casual conversation, he stressed that a clergyman's lot necessarily should be a hard one and that he preferred it that way.

At a gathering of fellow church workers, he announced rather dramatically that he intended to seek a new field. "I never allow myself to stay in one location so long that I feel comfortable there," he asserted. "No matter where I am, I always insist upon being sent to a less comfortable place."

A quiet, hard-working colleague asked gently, "Isn't that going to make it a bit awkward for you in heaven?"

Mary Anne Bode

People Called Quakers

continued from page 55

Contemporary Friends are not ashamed of the fact that they are part of a movement in which men and women were once so shaken that they trembled; on the contrary, they are becoming ashamed of the fact that they are so little shaken themselves.

These people, in this amazing phenomenon, were not trying to set up a new church or a denomination, for such an aim would have seemed to them to be low and unworthy. Since it was their intention to be universal rather than sectarian, they called *all men*. What is amazing, in the light of contemporary aims, is the ambitiousness of their expectations. Indeed, they expected nothing less than the transformation of the whole nation. Even beyond this, they confidently hoped to reach men all over the world. "The field is the world," they read in Matthew 13:38, and they believed it. We do not understand the expectancy of the early Quakers until we realize that it was total. Their message was not for the peculiar people, but for all mankind.

The first Quakers were seldom mere followers; they were all involved as participators in what

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seemed to them an important undertaking. Other Christian leaders, including Martin Luther, had announced the priesthood of every believer as a doctrine, but these new people came close to demonstrating it as a fact. The most striking single aspect of the new movement was what might be called the "priesthood of every member." Each, as he was shaken, undertook to shake others; each little fire accepted the grave responsibility of starting other fires in human hearts.

When we speak of the explosion of Quakerism, this is a large part of what we mean. There was not much novelty of doctrine, and the organization, which came later, was really unimpressive, but total involvement is so rare that it will always be striking, and it necessarily involves radical consequences. If Fox had been merely a great speaker, he might soon have been forgotten, and if he had been merely a great organizer, he would have left behind a conventional church or denomination, but the phenomenon in question was much more than that of inspired and persausive leadership.

We get some idea of the phenomenon of total involvement when we learn that Friends had produced, by 1715, about 2,750 tracts. In the first 13 years after the start of 1652, Quakers were responsible for at least 25,000 printed pages. In spite of numerous terrible hardships, including cruel imprisonments and other punishments, these dedicated people were writing, speaking and traveling with a fertility that is hard to match in the history, not merely of any religious movement, but of any movement of any kind. These simple people naturally amaze us, as we consider their story in perspective, but it is worthwhile to know that they themselves were also amazed.

The prophethood of every member did not mean that all were thought to be equal in power or in persuasiveness. Indeed, Fox and a few others were known as public Friends; but the important point is that they rejected the leader principle as it is ordinarily understood. Fox quoted the aspiration of Moses, "would [God that] all the people were prophets," as a kind of golden text to be followed. The private Friends were to be preachers just as truly as the public Friends.

The essential persuasiveness of the early Quaker message is not easily understood. This is true, not only for outsiders, but for practicing Quakers of our generation. Much of the difficulty arises from the tendency of modern liberal Quakers to see the early Friends as similar to themselves. Since a good many today are mildly mystical, the natural tendency is to interpret early Quakers as equally mystical, but this is clearly an error, as any careful study of the available literature on Quaker history will reveal.

The Quaker movement has had some low periods, either through dissension or through apathy, but it has also demonstrated a truly remarkable ability for self-criticism and for renewal on the inside. In some places, contemporary Quakerism is dead or dying, but in others, there is a powerful fermenting process. One of the chief reasons for the fermenting process, where it does appear to be occurring, is the rediscovery of the essential message which led to the original Quaker explosion in the second half of the 17th century.

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Shocking

continued from page 50

pital letter to her parents on the following day, April 6. She had learned by then that she had been given a total of eight treatments. Her letter reads:

For the first several days after those electric-shock treatments were over—possibly as long as a week—I felt just fine, perfectly relaxed and comfortable and also very hungry, as if I were making up for lost time. However, beginning Monday night (today is Friday) I began feeling all churned up and nervous and jittery and tense for no reason, and I have felt that way ever since. [Alan] said that what I was describing was the way I have felt for a long time. Then, beginning last night, in addition to feeling tense and agitated, I also felt scared, also for no reason.

Somebody the other day asked me to make a fourth at bridge and I refused, saying I hadn't played bridge for at least 15 years. Then he said I had been playing right along for the two months I had been at the hospital. Also I was surprised to find a very pretty black-and-white checked raincoat in my closet. [Alan] told me I had bought it one day soon after I came here when we went out to get my hair fixed. They tell me that gradually I will get my memory back. I hope so.

Electroconvulsive-shock therapy is a relatively recent refinement of a primitive procedure that was first employed around the turn of the 18th century. Johann Christian Reil (1759-1813), a German neurologist and anatomist, is generally regarded as its pioneer proponent.

Reill called his treatment "noninjurious torture." Its aim was to frighten, or shock, the patient into rationality. The unsuspecting patient might be suddenly seized and flung into a pond. Or a cannon might be shot off behind him. Or he might be wrenched from sleep to face a hovering ghost.

Most subsequent attempts to achieve an immediate emotional rehabilitation by means of a cathartic shock employed a chemotherapy.

The principles of electroconvulsive therapy were developed by the Italian clinicians Ugo Cerletti and Lucio Bini in 1938. Electric shock differs from other forms of shock therapy in that it involves the direct mechanical manipulation of the brain to produce a generalized convulsion, or epileptiform seizure. It is thus a physiotherapeutic treatment. Cerletti and Bini conceived electric-shock therapy as a treatment for schizophrenia, but subsequent investigators have found it most effective in treating the depression of old age and the depressive phase of manic-depressive psychosis. Electroconvulsive therapy is usually given in the morning, and the patient is prepared for it as if for surgery: He is allowed no breakfast, and false teeth, if any, are removed. He is positioned comfortably in bed on his back, and given an intravenous injection of a muscle-relaxant drug and a complementing injection of a hypnotic to maintain normal respiration. An electrode is then placed on each temple, and an alternating current of (usually) 80 or 90 volts is passed between the electrodes for a fraction of a second. In that stupendous instant, the brain is so raced that the mind cannot function, and it is from this eerie quietus that the beneficial results of the treatment appear to spring. Just why a halt in cerebral function should be therapeutic is not, however, known. Most cases of depression require several such treatments, and the usual course is between eight and 12 convulsions. The patient passes from a brief (four or five minutes) unconsciousness into a peaceful sleep.

"If everything seems to be coming your way, maybe you're in the wrong lane!"

The states of mind of most patients emerging from the post-convulsion sleep are similar. There is a harrowing sense of confusion, and then a full awakening in the dark of total amnesia. The patient has no idea who he is or where he is or what has happened to him. He is often also weak, unsteady and dizzy. Nausea, sometimes with vomiting, and headache are not uncommon. Some sense of identity soon and spontaneously returns, and from the attending doctors and nurses the patient learns his whereabouts and the nature of his situation. At that point, reorientation slows, and the deepest amnesia remains. The distant past—the past of childhood and adolescence—is the first to gradually reappear. The middle past is more difficult to recover, and the immediate past—the weeks or months just preceding—is almost always irretrievable.

Most psychiatrists are satisfied that electroconvulsive therapy is as benign as it is beneficial. They are generally agreed (on the basis of numerous tests and studies) that the patient undergoing such treatment runs no risk of intellectual impairment. There is less agreement on the question of memory impairment. Some investigators have suggested that the more or less permanent amnesia resulting from repeated electric-shock treatments may not be confined to the period immediately preceding treatment. The majority view would seem to be the one proclaimed by the editors of the 1973 edition of "The New Home Medical Encyclopedia." They conclude, "Memory may be somewhat impaired as a result of the treatment, but it returns when the full course of treatment is terminated." This is

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Shocking

continued from page 102

precisely the reassurance that Mrs. Parker received at the end of her hospital stay.

Mrs. Parker's return, on April 13, to the apartment that had been her home for years was something of a *deja-vu* experience. She had an uncertain feeling she had been there before. It was strange, yet familiar.

"It was all very peculiar," Mrs. Parker told me shortly after her retirement. "I was puzzled—but only vaguely. I really felt too vague to care. Nothing really bothered me. Not at first. I felt physically very well. I felt vegetablized and calm. I didn't have enough memory to think, or even worry, with. And then, because the apartment was so familiar, my mind seemed to open up a little, and my memory began to come back. I mean my memory for where I was—for simple, household things.

"The hospital had told me to take it easy, to rest at home for a few weeks, not to even think about my job. I had a general memory of my job. I knew where I worked, and that I was an economist and analyst. But it was no problem not to think about my work. I've always been a great reader, but even reading didn't interest me now.

"I went back to work in July. The rest at home and some sessions with a sympathetic psychotherapist had done me good, and I felt almost like my old self again. My memory seemed to be coming back the way the hospital had told me it would. I was eager to put my mind to work again. I wanted to find out what I had been working on before I took my sick leave. So I went back to work one Monday morning and up to my office and sat down at my desk, and my old associates flocked around. Most of them looked familiar, and I was able to remember some of the names. I was still feeling pretty good. Then I started going through my desk. I gathered that I'd been working on the income of securities dealers. The papers were full of professional terms that seemed familiar. I knew what they were, but I didn't know what they meant.

"But you know how it is. One always hopes, or tries to hope. I told myself that maybe it was only a matter of time. If I was patient, maybe in time everything would come back to me. So I went back to the office determined to try. I started looking everything up and making elaborate notes. It was like learning to walk—I started out taking little baby steps. The weeks went by, and everybody at the office was good and patient and helpful. Every now and then, I'd get a little glimmer. But mostly it was discouraging. But the worst of all my problems was that I couldn't seem to retain. I couldn't hang on to my relearning.

continued on page 108

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MEDICAL MAILBOX
by Cory SerVaas M.D.

"Full health is the state in which we feel best, work best and have the greatest resistance to disease"
—Dr. Albert Szent-Gyorgyi

Tryptophan

Dear Dr. SerVaas:

I was very interested in the article in the Medical Mailbox of the September '82 *Post*.

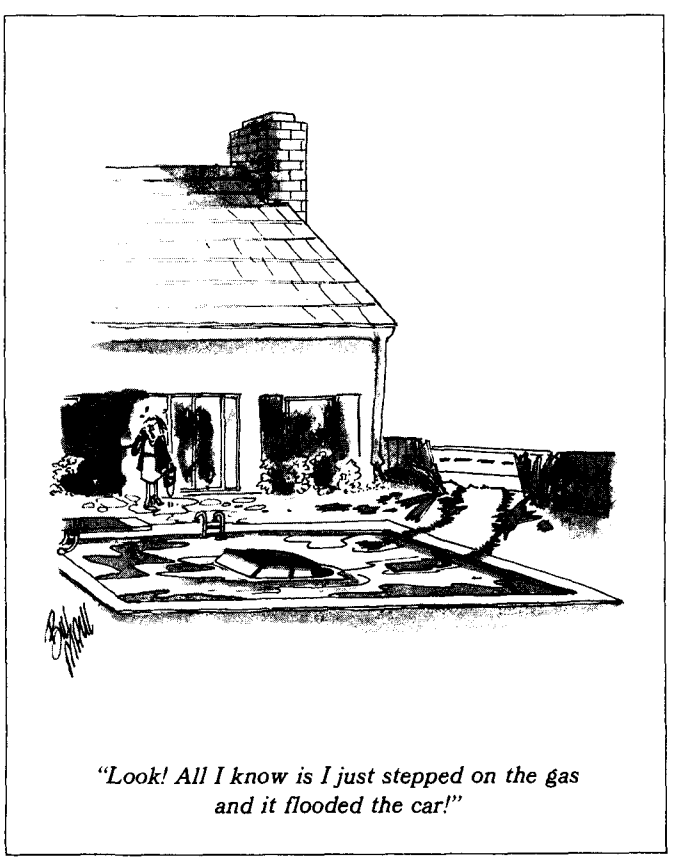
Our family doctor wants my husband to stop using sleeping pills, so the article on tryptophan caught my eye. It sounded too good to be true and I guess it was, as each of our three local drugstores only carried L-tryptophan. On the label of two of them, it said sugar and starch free. The third one said it was for dietary purposes. None of these sound very much like a sleeping aid to me.

Where could I get tryptophan? Isn't it on the market yet? I would like very much to get this product and try it. Will someone please give me some information on this?

Thank you very much.

—Margaret Thompson
Vincentown, New Jersey

L-tryptophan is what you want. The "L" simply means that the D-tryptophan has been removed from the amino acid. Either L-tryptophan or tryptophan helps promote sleep, especially when combined with vigorous exercise performed about two hours prior to bedtime.



"Look! All I know is I just stepped on the gas and it flooded the car!"

Oat/Bran Recipe

Dear Dr. SerVaas:

Your article in the November '82 issue was good. W appreciated the advice about oat bran and how to mak whole-grain oat flour particularly.

I am enclosing my husband's recipe, which came t him in the night nearly a year ago. It is delightful for an meal, and I have altered it from time to time by adding little ground beef (though it needs no meat) and hav even made burritos using it for the filling. You may use i in your cookbook if you like. It's original.

—Mrs. C. Ray Pritchara
Ceres, California

Ray's Recipe

1 cup oatmeal
½ cup corn meal
⅓ cup wheat germ
½ cup unprocessed bran
2 tablespoons butter
or margarine
½ cup chopped walnuts

Cook oatmeal and corn meal in 1 cup water till thick Add wheat germ and other ingredients. Mix thoroughly with ½ cup cooking oil or ⅓ cup olive oil. Heat skillet tc 325° F. Drop in the mixture by spoon and press it intc patty form. Brown on both sides. Serve with or without syrup.

Another Reason to Run

Some have observed that those who exercise regularly have fewer run-ins with viral illnesses such as colds and the flu. While no one has yet proved that runners or those who exercise are less susceptible to infections, researchers at the University of Michigan Medical School in Ann Arbor have found out why those who exercise *might* have a better chance to avoid those maladies.

Joseph Cannon, a graduate student at the medical school, has found that exercise causes the body to release a chemical called endogenous pyrogen (EP). EP acts on the body's thermostat, located in the brain, causing body temperature to rise. According to Cannon, it is EP that is responsible for the fever that is experienced after vigorous exercise.

Previous research by Cannon's mentor, Dr. Matthew J. Kluger, and others has shown convincingly that both bacteria and viruses have a much harder time surviving when the body temperature is elevated. "We develop fevers as a defense mechanism against infections," Kluger said.

Another effect of EP is that it causes the body to release increased numbers of white blood cells, which help fight infections.

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Kluger's work has also shown that lizards prevented from mounting a fever are at much greater risk of dying from an infection than are matched controls who can develop fevers.

The beneficial effects of fever, however, appear to be limited, and experts such as Kluger emphasize that, while exercise may help to ward off infections, there is actually no evidence that in the usual garden-variety case of a cold or the flu foregoing aspirin will hasten a person's recovery.

So, the best advice still seems to be prevention.

Vitamin E

Dear Dr. SerVaas

I recently had a blood pressure/vitamin E experience that may be of interest to readers of "The New Evidence for Vitamin E."

For some years, I have been taking two Aldoril 25 pills a day, maintaining my blood pressure in the 150/75 range. Some weeks ago, I started getting readings of 180/88, high enough to raise an eyebrow or two. In trying to account for the rather sudden change, I remembered that I had stopped taking vitamin E. I had been taking 800 units a day for a long time, for I understood that it had a good effect on oxygen utilization. But for some reason I decided to stop. Since quitting vitamin E was the only change I had made in my habits, and since the elevated blood pressure followed very soon, I decided to resume the 800 units supplement of vitamin E a day. In just a few days, my blood pressure was back to the 150/75 range.

I am convinced that vitamin E does make my heart work easier.

—Albert H. Dickey
Arroyo Grande, California

Cancer Causes?

Dear Dr. SerVaas:

Upon recently reading the article in the November issue of *The Saturday Evening Post* on cancer, I felt I should write. My husband is now undergoing chemotherapy for acute myelomonocytic leukemia. He is 31. My sister-in-law showed me the article because my husband has worked for a local power company for 14 years, and she thought there might be some connection. Part of that time he worked in high voltage—lines, transformers, etc., and part of it with PCBs (polychlorinated biphenyls). Right now, the doctors here at University Hospital, Cincinnati, Ohio, are looking into the possible connection of PCBs causing this.

We also want to look into the water theory, too, as our water has always been really terrible tasting and smelling, and lately we found out more people living in our area have leukemia. As of this date, we don't know the type but plan to look into it.

One doctor here and a biology teacher we know have a theory that everyone has *potential* leukemia cells in his body, that it takes a certain chemical reaction to set them off. How that chemical reaction comes about, right now only God knows!

If we can be of any help in your research for the cure or prevention of cancer, please let us know. That would be one *great* step for mankind!

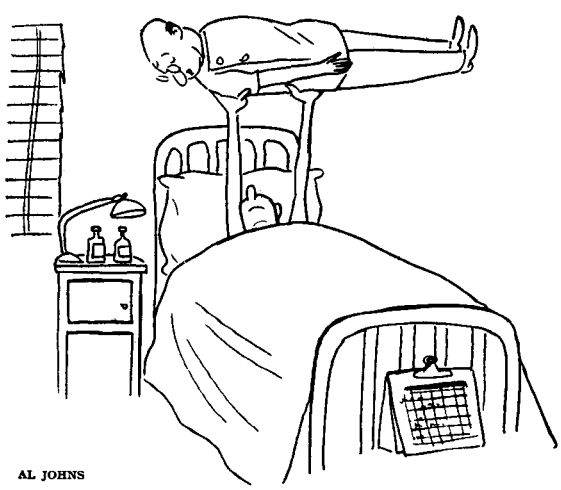
—Jackie Westerling
St. Paris, Ohio

The Benjamin Franklin Literary & Medical Society has been talking with executives of the large canning companies for many years in an effort to persuade them to make salt-free vegetables readily available to shoppers at no extra cost. Many companies were afraid the demand would not be great enough to produce the salt-free canned goods at popular prices.

This month's Benjamin Franklin Award and our plaudits go to Del Monte, the world's largest fruit and vegetable canner, for introducing the first major line of canned vegetables prepared without salt. Included are 14 varieties and sizes of green beans, corn, peas, tomato sauce and tomato paste. The committee also applauds Del Monte's voluntary action in including a sodium declaration on all its products with nutritional information on the label.

It is estimated that 60 million Americans suffer from some degree of high blood pressure, which is linked to excessive sodium consumption, and that millions more are simply trying to reduce sodium in their diet. Preventive health care for the family should include a low-sodium diet to avoid the insidious onset of hypertension.

The palate adapts so rapidly that the low-sodium diet is even preferred by most young people who are now into health.



"All right, so you are getting stronger, but you're still not well enough to go home."

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Shocking

continued from page 104

Or only a part of it. The rest kept sliding away again.

"I believe the electric-shock literature is right in one regard. My brain may be damaged insofar as part of my memory has been erased, but my mentality is certainly not impaired. I can still use my mind. And, except for that period of vegetating at home, I've never lost my intellectual curiosity. I was curious almost from the beginning to learn more about what had happened to me—about the whole idea of electri shock therapy. So I began to loo into the literature. The result wa almost nothing. The authorities a seemed to be parroting each other. couldn't find a single study tha tested the permanence of memor loss. Then, almost by accident, I gc started on a little investigation o my own. Soon after I went back t work, I devised a routine to handl my inability to recognize the name and faces of people around the of fice. I would say, 'I'm sorry. haven't any memory. You will hav to tell me who you are and what yo do.' I was going through this on day with a man from one of ou coordinating sections when h stopped me. He said, 'You don' have to apologize to me. My wif had shock treatments a couple o years ago, and she hasn't an memory either.' Well, you can im

continued on page 11

If someone you care for suffers from total loss of bladder control...

...now you can give them Attends—protection that really works.

If someone you care for suffers from a severe loss of bladder control, now you can give them new comfort, security, confidence. Thanks to Attends®—a more effective type of disposable brief—from the Home Service Group at Procter & Gamble. You'll be giving them protection from wetness and a better feeling about themselves.

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Attends is not available in most grocery or drug stores. However, you may order your Attends by telephone. Simply call toll-free **1-800-543-0400** and ask for Operator 406. It's a convenient, simple, private way to get acquainted with the best product ever developed for incontinence care.

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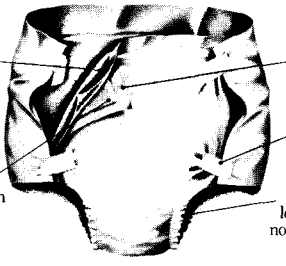

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Please note: Offer valid only on the first case of Attends you order through the Procter & Gamble Home Service Group, is limited to one per household, and is good in U.S.A. only. Offer expires May 31, 1983. Cash redemption value 1/20 of 1¢

Where do you think you are?

(Answers from page 96)

1. Nevada
2. California
3. Florida
4. Kansas
5. North Carolina
6. West Virginia
7. Texas
8. New Jersey
9. Wyoming

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Acknowledgement

The September issue of *The Saturday Evening Post* included a feature on Tiffany lamps. The photographs taken were of the work of artist William Scudella. The *Post* regrets the unintentional omission of this information.

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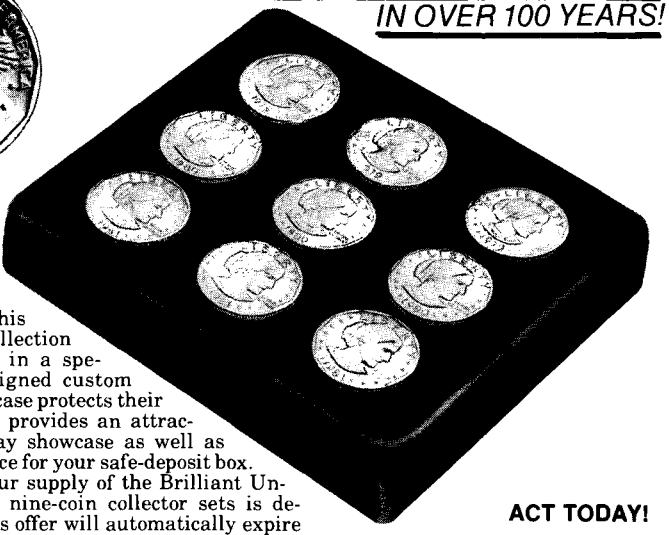
UNITED STATES TREASURY MINTING ERROR*

Creates Rare Collecting Opportunity

Actual Size of
Susan B. Anthony $1 Coin

THE FIRST SUCH OPPORTUNITY IN OVER 100 YEARS!



AN OPPORTUNITY LIKE THIS MAY NEVER OCCUR AGAIN IN YOUR LIFETIME! It's the result of a most unpredictable turn of events. When the United States Mint first issued the Susan B. Anthony $1 coins in 1979, they never intended them to become rare coins for astute collectors or investors. But, since they stopped minting them in 1981, this is how it seems to be turning out.

Here is the story that makes the Susan B. Anthony coin a rarity. In 1979, the United States Mint produced millions of SBA coins for general circulation, and then found that no one wanted to use them. In 1980, they drastically curtailed the minting and in 1981, they did not mint any at all for general circulation.

What's so remarkable about this set?
Consider these facts:

- These are most likely the last one dollar circulating coins the United States will ever issue.
- For every 75 Susan B. Anthony coins struck in 1979, the first year of minting, *only one* was minted in 1981, the third and final year of minting.
- This final 1981 minting was *never released* through banks to the public.
- Congress is now debating whether they should order the U.S. Mint to melt down the remaining Susan B. Anthony coins.
- This may be the only complete "closed" coin issue you will ever be able to buy in your lifetime at such a reasonable cost.
- Susan B. Anthonys are undoubtedly the shortest lived American coins ever minted.

LIMITED AVAILABILITY

The Washington, D.C. Columbia Mint has acquired a limited quantity of Susan B. Anthony coins in Brilliant Uncirculated condition and assembled them into complete nine-coin collections, consisting of one coin for each of the three years they were minted (1979, 1980, 1981) and from each of the only three mints (San Francisco, Denver and Philadelphia) that minted them. Each coin bears the individual mintmark S, D, or P of the mint that produced it. This unique collection is housed in a specially designed custom case. The case protects their value and provides an attractive display showcase as well as convenience for your safe-deposit box.

When our supply of the Brilliant Uncirculated nine-coin collector sets is depleted, this offer will automatically expire and any unfilled orders and remittances will be returned. We urge you to place your order immediately. We regret that we must restrict each individual order to a limit of two collections. This limit applies whether you are a collector or a professional dealer, ensuring the same opportunity for all. Do not delay, order today.

SIMILAR COIN WORTH $39,000! WILL HISTORY REPEAT ITSELF??

The last time there was a similar collector opportunity was more than 100 years ago when 20-cent coins were minted in 1875, 1876, 1877 and 1878. The similarities between that 20-cent coin and the Susan B. Anthony coins are astounding. The old 20-cent piece was about the same size as a quarter just like the Susan B. Anthony. Consequently, the people rejected it—just like the Susan B. Anthony. Circulation quantities of the old 20-center were struck in large numbers only the first year—just like the Susan B. Anthony. Believe it or not, one of those old 20-cent coins would bring you as much as $39,000 today! Just think about the potential of the Susan B. Anthony coins for you.

Not only will these SBAs enrich your own collection, but they should become family heirlooms to be passed along to your children and your grandchildren.

Again, we must emphasize that the nine-coin collector sets are severely limited. These coins will never be minted again. We challenge you to try to assemble this complete nine-coin set yourself. Go to any bank and ask for a Brilliant Uncirculated Susan B. Anthony dollar from just one of the three years of minting and you will then quickly realize the exceptional opportunity you have. We strongly suggest—to avoid disappointment—that you not delay in ordering.

ACT TODAY!

SATISFACTION GUARANTEED

If for any reason you are not completely satisfied with your Brilliant Uncirculated nine-coin Susan B. Anthony Collector Set, you may return it within thirty (30) days for a full refund.

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Credit card charge orders may call TOLL-FREE **1-800-345-1328** 9 AM-10 PM Eastern Time. In PA 215-527-3031

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MINTING ERROR

✻ The error that makes this a rarity? Take a quarter and lay it on the Susan B. Anthony pictured above. Note the similarity in size that turned out to be its problem. People refused to use it—perhaps you were one of them. When the U.S. Government became aware of this public rejection, they recognized that there had been an error in judgment. Susan B. Anthony coin minting ceased forever, destining the coins to collector status. ✻

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Shocking

continued from page 108

agine my interest in that. I got him to sit down and tell me all about it, and I made notes on it later. He told me, 'Within a few weeks after her discharge, my wife got reoriented to the main outlines of her life. After that, there was very little further spontaneous memory return.'

"That conversation was the beginning. I started bringing up the subject of electric shock whenever I met new people, and it's absolutely astonishing how many people have a relative or a friend or are acquainted with somebody who has had the treatment.

"All that while, of course, I was trying to work—desperately trying to relearn my job. But it was heartbreaking. It was so slow. I was relearning, but only a little, only after a fashion. As far as my actual job went, I was doing nothing. I was totally unproductive. I wasn't worth my salary, and I couldn't imagine how I ever would be again. So I did what seemed to me the only sensible thing. I applied for disability retirement. I asked for one concession. I asked to be allowed to stay on—without pay—as what's called a 'guest employee.' They were kind enough to grant both of my requests. I have my retirement, and I also have a desk at the office. And I'm trying, still trying, to start rebuilding my mental capital."

Mrs. Parker and I had our first conversations in the fall of 1973. We met again early in 1974. She told me at once that there had been no appreciable progress in her efforts to recover her professional past.

"But I don't want to sound like a pill," she said. "I mean, I mustn't give the impression that my experience with electric shock was a total disaster. There have been some beneficial results. I'm beginning to eat again, my digestion is much improved, and I have no trouble with sleep. I also feel emotionally relaxed. And I've lost a lot of bothering inhibitions.

"I'm thankful for those little blessings. I'm thankful that I got something for the price I paid. Because my memory is still as blank in those certain areas as it was when I went back to work in July. There are times when I almost wish I were back in those weeks of resting and vegetating at home. Then I didn't know what I know now. But that's little frightening. If I hadn't been woman with a highly specialized an demanding job—I might never hav realized the extent of my amnesia. would have thought that I was sti perfectly whole and complete."

Case Against

continued from page 51

Of the benefits of electroshoc therapy, Marilyn will say only that is a kind of neuropsychiatric lax ative. It purges one of feelings, goo and bad, and leaves numb emptiness that sub sequently fills up agai with the original troubles Given the cost/benefi ratio, she does not recom mend the treatment, to pu it mildly. Of informed con sent, she says only that thi is, in the nature of things obtained from subject more vulnerable than in formed.

Marilyn consistently shows one characteristic—strength of spirit, impor tant in one who mus struggle with depression. She has an excellent sense of humor; she considers herself a special threat tc the unreason and misinfor mation of those who mini mize the danger of shock treatment. "I am," she says, "a lab animal who can talk."

Marilyn's ability to talk is one of the small blessings that she daily remembers to count. She was reluctant to supply "after" photos related to the basic misfortune that put her on the road to depression in the first place. As the story tells, Marilyn was a victim of major orthodontic misadventure. What she told us in addition was that a series of dental disasters had left her looking like a "gargoyle" and that she could barely get her tongue back into her mouth. So she feels more comfortable with the telephone and radio than with pictures or

continued on page 112

You be the Judge

By John Ritter

The *Full Moon* was a small, 60-foot cruise ship sailing out of Florida. While she was cruising in the Bermuda Triangle, a storm struck, causing the ship to run into rocks and start sinking. The captain ordered everyone to "abandon ship," and he, his wife and their 70-pound Labrador retriever jumped into an 11-foot lifeboat. Two crewmen objected.

"Captain," they begged, "throw the dog in the water and let us into the lifeboat."

The captain kept the dog in the lifeboat and ordered the two crewmen to hang onto the sides and stay in the water. When a Coast Guard ship finally picked them up three days later, the dog was doing fine, but one of the crewmen had died from exposure. The captain was charged with the crime of manslaughter.

If you were the judge, would you hold him responsible for the crewman's death?

The judge found the captain guilty of manslaughter. A ship captain cannot place his own welfare—or his dog's—above that of his crew.

(Based on a 1976 federal court case in New Jersey.)

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MONEY BACK GUARANTEE

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Case Against

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personal appearances. Small wonder she had become depressed. Certainly Marilyn's distinct and pleasantly modulated voice must represent another triumph of spirit over circumstance.

Besides tending a constant and widening network of contacts among those interested, she is diligent in straightening out the Food and Drug Administration, which she characterizes as "machine oriented." This agency, she says, satisfies itself with making sure that a potential agent of destruction, such as electroshock apparatus, doesn't accidentally give the patient a short-circuit blister while being employed to leave a metaphorical hole in the subject's head, in the form of major memory loss.

Beyond metaphor, out of her life and thought, Marilyn sees the specter of a literal hole in the head. She has bravely insisted on seeing her own CAT scans that show her, at age 53—normally displaying five percent brain shrinkage—to have 16 percent brain shrinkage, something to be expected at age 90.

The so-called ventricular/brain ratio (VBR), which she discusses so knowledgeably, shows a similar shrinkage in schizophrenics—but most noticeably, if they have received shock treatment for their disease.

She points out that people who are to be shocked should participate in controlled studies and be CAT-scanned before the procedure and scanned again one year later, so that the subtraction of brain substance, which she suspects to be a regular concomitant of this procedure, can be counted among its costs. ♜

Shrink

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caffeine, women can lose 40 or 50 milligrams a day; over two decades or so, that can result in very significant bone loss."

Countering bone loss then becomes the focus of attention. "Certain women are higher risk for the problem than are others. Those with a family history [of osteoporosis] are at highest risk, and those who are thin are also at some increased risk," Recker explains. Marcus adds that those with a family history of the disorder should discuss it with their physician before they reach menopausal age. Other suggestions from Marcus include: (1) taking supplemental calcium, 1,000 milligrams a day from about age 20 until menopause and after that 1,500 milligrams a day; (2) regular weight-bearing exercise (Marcus cites walking as one possibility); (3) reducing caffeine intake, stopping smoking, for this as well as other reasons, and avoiding excessive protein intake. Those already with the problem need treatment, and care should be taken to remove hazards from their homes. "A lot of patients we see are injured right in their homes. They trip over a foot stool, a loose carpet or some other thing, and the result is a broken hip," Marcus says.

As for insuring an adequate calcium intake, Marcus points out that there are several ways to do that. "It can be difficult getting in 1,500 milligrams a day of calcium" he acknowledges. "The best natural source is milk. One cup of whole or skim milk has about 300 milligrams in it. Other dairy products are also high in calcium." One source of calcium that isn't very common today are certain soups. "We have shown here in our laboratory, Recker says, "that making soup tl old-fashioned way, with lots bones in addition to meat and veg tables, can provide quite a bit calcium in the broth."

However, experts acknowled that getting enough calcium witho resorting to mineral supplements a formidable task. "Probably th best supplement is calcium carbo ate," Marcus says. One of th points experts stress is that or needs to pay attention to th amount of elemental calcium in th preparation they are taking. "Whe we talk about 1,000 or 1,500 mill grams of calcium a day, we mea elemental calcium. Calciu carbonate is 40 percer elemental calcium, so on doesn't have to take a many pills as one woul have to with some of th other preparations whic are only 10 percent elemer tal calcium," Recker says.

However, Marcus an Recker both cautione against using preparation of bone meal and dolomit as calcium supplements "Not only do they have lot of lead in them, bu there are a number of othe impurities, and you reall don't have any idea of wha you are getting," Recke cautions. That advice wa recently echoed by th FDA, which warned tha postmenopausal women i particular, along with in fants and children, shoulc probably avoid these preparation because of the elevated lead level found in them.

While there are a variety of way to treat the patient with osteoporosis, experts stress that the emphasis must be placed on prevention. "If we are to reach that goal," Avioli says, "we need to make sure that both patients and physicians understand the importance of a program that includes both regular weight-bearing exercise and an adequate intake of calcium." To that, Marcus adds, "It seems so simple that many reject it out of hand; but all the evidence points to the fact that such a program would be successful in impacting on what is already an epidemic among postmenopausal women." ♜

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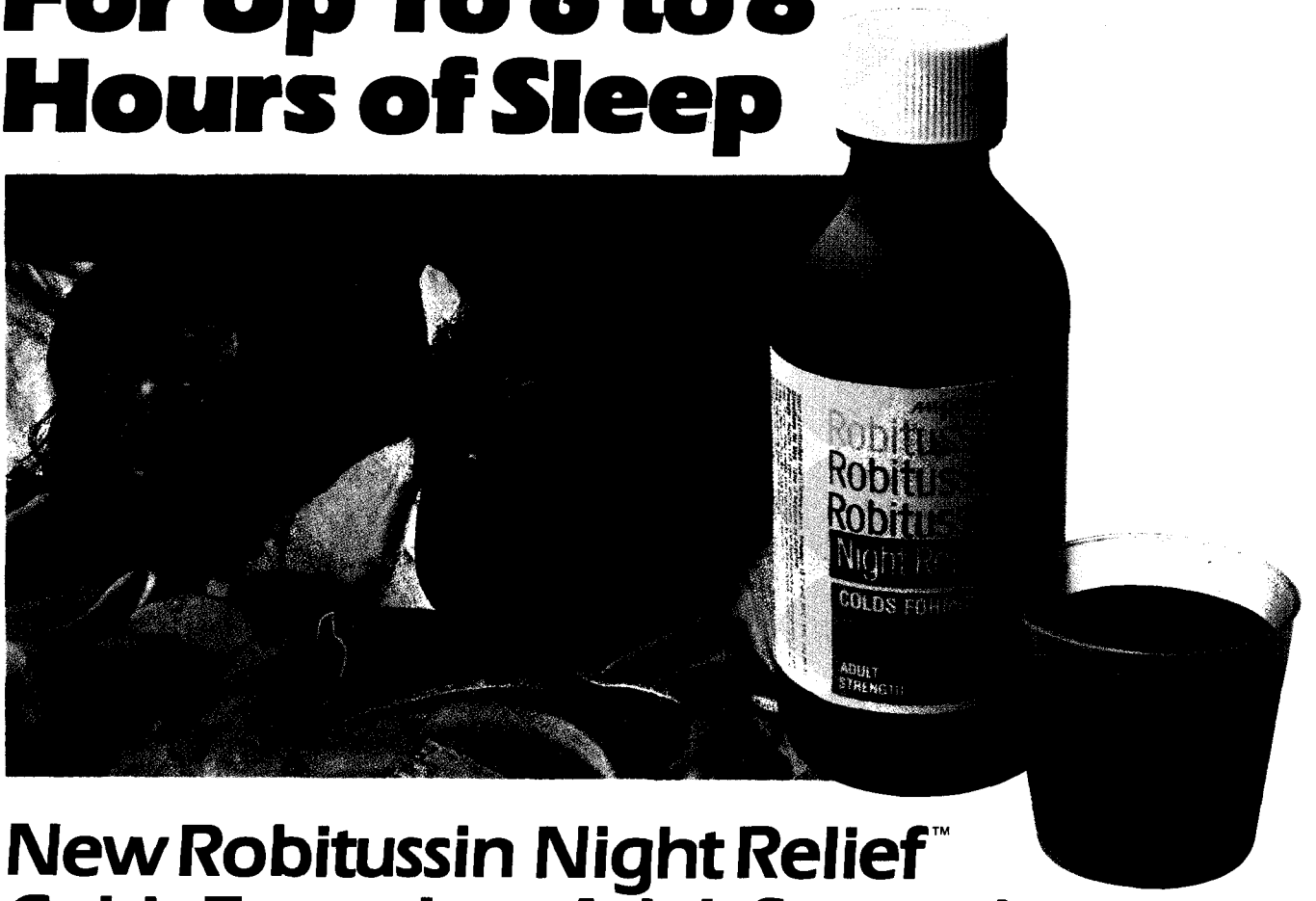

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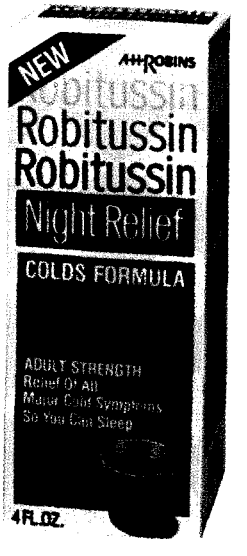

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